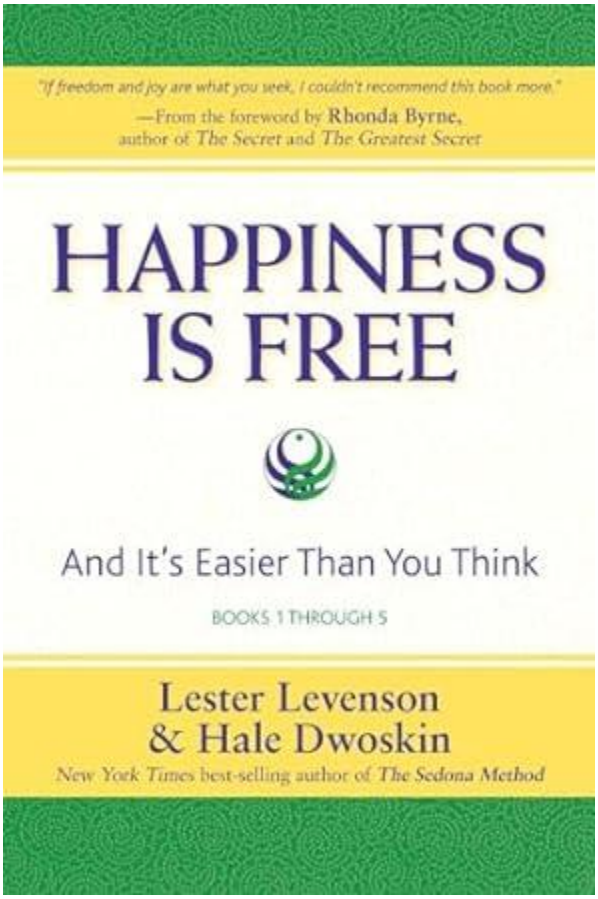
# Lester Levenson Magnum Opus PDF


"If freedom and joy are what you seek, I couldn't recommend this book more."
—From the foreword by Rhonda Byrne,
author of The Secret and The Greatest Secret
HAPPINESS
IS FREE
And It's Easier Than You Think
BOOKS 1 THROUGH 5
Lester Levenson
& Hale Dwoskin
New York Times best-selling author of The Sedona Method

**Lester Levenson (Sedona Method, Release Technique, Letting go) Magnum Opus PDF**

**Collection of all Lester Levenson talks ( Length: 1611 pages )**

Transcription using OpenAI chatGPT Whisper V2-Large.

**Lester Levenson Biography ( 1909-1994 )**
**By Laura Lucille ( Laura Alvarez Lucille , wife of Francis Lucille )**

**There is only singular Oneness and you are**

**IT**

**There is only Timelessness and you are**

**IT**

**There is only fresh ever new Presence and you are**

**IT**

**There is only One Infinite Place and you are**

**IT**

**If anything appears to deny this fact you are still**

**IT**

**Lester Levenson was Creator of Sedona Method , Release Technique, Letting go, and mentor to Dr David Hawkins author of Letting Go : The Pathways of Surrender.**

**Laura Lucille's interest for the Truth started early on during her childhood, but was fully ignited when meeting Lester Levenson in the late 70's. It blossomed into a close association that lasted until his passing in 1994. Lester Levenson, whose awakening had happened without a prior meeting with a "teacher," introduced her to the beauty of non-duality and Ramana Maharshi's teachings. A few days after his passing she met Robert Adams, a spiritual teacher of the Advaita tradition, a direct disciple of Ramana. It was the beginning of another wonderful spiritual friendship.**

**Biography**

**By Laura Lucille and Ade Aprilia**

# Teachings by Lester Levenson

### Realization

Most knowledge is intellectual. It is acquired from reading books and from traditional cognitive forms of education. Most of us have a lot of this intellectual knowledge. And yet we are still not realized. This means that to achieve “realization” we need a different kind of knowledge, a knowledge that can be experienced, felt, and integrated. We can call this knowledge ”Experiential.” Experiential Knowledge is the only useful kind for growth, for through it we can finally realize our inner sight. This kind of knowledge also fits with our feelings. It feels right, and integrates with our whole Beingness. Through Experiential Knowledge we know, and even more importantly, we know that we know.

Realization is seeing something, really seeing it for the first time. Realization is like an electric light bulb has been turned on in the mind, and it allows you to say, “Oh now I see.” It allows to hear something that we might have heard a hundred times before, but this time, upon hearing it and seeing it, we experience it as real. This is realization.

The “Experiential” Knowledge is the only knowledge that does any good. But this does not mean we do not use our mind. We do. The difference is that rather than using the mind to “make up” the answers, we direct the mind toward the place where the answer is. And when we do, we discover that the answer does not come from the mind. It comes from the place behind and beyond the mind. It comes from the realm of knowingness, the realm of omniscience. By quieting the mind through stilling our thoughts, each of us has access to this realm of Knowingness. Then and there we realize. We know and we know that we know.

### Happiness

When we analyze what everybody is seeking, it turns out to be happiness. And when we find God, our true Self, it turns out to be the ultimate happiness. When we seek and find the full truth, the absolute truth, again it turns out to be the ultimate happiness, and also the greatest good. The greatest good turns out to be the ultimate happiness. Every being is seeking freedom and the complete freedom or liberation is also the ultimate happiness.

So in the end, the words God, good, truth, liberation, freedom, and Self turn out to be the ultimate happiness. And everyone is seeking this Good, Happiness, Liberation, Truth, God and Self. There isn't anyone who is not seeking It. The only difference between some of us and others is that some of us are consciously seeking It in the direction where It is and are becoming happier. And others are seeking it blindly in the world and are becoming more frustrated.

Yet, only when we go within do we discover that all happiness is there. The only place where we can feel happiness is right within ourselves. That is exactly where it is. Every time we attribute this happiness to something external, to a person or a thing, we get more pain with it than we do pleasure.

If you have experienced enough, if you have lived long enough, and if you have examined carefully enough, you have discovered this. The "happiness with no sorrow" can only be found by going within.

This great happiness that we are seeking is our very own beingness. And looking within we discover it to be our most basic inherent nature, our very own Self unencumbered with our self-imposed limitations. And it is ours here and now.

And there is not one of us who is not in direct touch with, in possesion of, an infinite Beingness that is all perfect, all present, all joyous and eternal. And there is not one of us who is not in direct contact with it right now! But due to assumptions, concepts of limitation, looking outwardly, and wrong learning, we have covered over this infinite Being that we are with concepts of "I am this physical body," "I am this mind." So, in order to discover this truth, this unlimited Being that we are, we must quiet the mind, we must let go of the mind. Only in this way may we achieve the ultimate happiness we seek.

The mind, after all, is nothing but the sum-total of all thoughts and all thoughts are concepts of limitation. If any one of us could stop thinking right now and stay that way, he or she would be an unlimited Being from this moment on. It is really that simple that easy to accomplish.

So our first job is to undo negative thinking in order to get positive enough so that we may go in the right direction. Then, we must drop all thinking, both negative and positive thinking. When this happens, we discover that we are in the realm of knowingness. of omniscience, we have not need to think as everything is known and we are joyous and total free. Knowing everything, there is nothing to think about!

Thinking is just our way of relating things to other things, connecting things together. But knowing everything, we know the unity, the oneness and there's no need to relate things by thought. Thereby, we are free, free of all concepts of separation and limitation. This leaves us free to use a mind should we want to communicate with the appearance of the world. When we quiet the mind by letting go of all thinking we see this infinite Being and leaves us totally free.

**Beyond Thinking**

Seeing this infinite Being is not, however, the end of the job. We still have to do away with the remaining habits of thought. Then when there is not more remaining thoughts, sub-conscious and conscious, ( subconscious thoughts are the difficult ones to let go of ) that's the end of the road of playing limited. Then we are totally free — forever! Actually since we are infinite Beings, we are choosing to be limited! And we are choosing to be limited to a such a degree that now we are blindly behaving as thought we are limited beings.

Lester Levenson's Gift: a direct path to the only True destiny

The Desireless path, has three inspiring examples that we know of, Buddha an oriental master during 527 AC. St John of the Cross, a western master of the XVI century from a catholic background. And from a scientific background Lester Levenson, a western master of the XX century.

Buddha clarifying that the cause for suffering is Desire, announced "the four noble truth." St John of the Cross announced the desireless path as "the nothing, nothing path" leaving a self-explanatory drawing.

Lester Levenson (physicist) announced one noble truth: "You must desire freedom more than the world."

Lester Levenson, an scientific mindset of the 20th century (1909-1994) discovered and shared the simplicity of how the dynamics of the sensation-desire mechanism (which Buddha recognized as dukkha*) operates in order to "maintain" itself. He shared the clarity of how You this ever free Self, this ever present Self, liberates Itself from the imaginary desiring-dukkha, or lacking-sensation, and rest as what You are, imperturbable Peace.

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*The Pali word, dukkha, means "incapable of satisfying" or "not able to bear or withstand anything": always changing, incapable of truly fulfilling us or making us happy. It would in fact, be terrible if we did find satisfaction in the sensory world because then we wouldn't search beyond it; we'd just be bound to it. However, as we awaken to this dukkha, we begin to find the way out so that we are no longer trapped in the sensorial realm of consciousness.

In 1952, Lester Levenson was an absolute materialist – if you could see it and touch it, it was real. Although successful at the money game, he was living alone and his health was a mess. He suffered through depression, jaundice, migraines, hyper acidity, perforated ulcers, kidney stones, appendicitis and persistent pain. Then at age 42 he had a second and massive heart attack and barely survived.

His doctor, Dr Schultz, sent him home with no promise of life beyond the day he was in. “Get loafers”, was the advice he gave Lester to have him avoid the strain of bending over his shoes. Lester Levenson was angry.

**Sent home to die**

Later in his Manhattan penthouse overlooking Central Park, Lester felt like he was in a tomb and stayed in a paralyzing fear of death for three days. Then he got angry again at the thought of being a living corpse without the common sense to end it all. He checked his pill supply – enough morphine to exit comfortably in a cozy cloud. So now he had stood at a crossroad. The sense that he had a choice was empowering. He decided as long as he was breathing, he would try to find a way out of his desperation. He could always take the pills later. He had a sense that his problems were a part of him – his body, mind and emotions. He began to ask himself – “What am I? What is this world? What is my relationship to it? What do I want from it?” He thought of all the books that he had and all the things he had studied – physics, medicine, psychology, and philosophy – and realized that if the answers were there he would have already found them. He would put aside all “that crap” he had learned and start from scratch. Immediately he felt a load lifting off his back – a load he had been carrying his whole life without realizing it.

**The search for happiness**

Forgoing the rest the doctor had prescribed, he became absorbed and excited. After a month he arrived at the question of happiness – what was it. It wasn’t being loved. His family loved him and he wasn’t happy. It wasn’t accomplishing things because he could remember no happiness in his accomplishments. He began to review his past love affairs to find the times when he had been truly joyful. There was Virginia. When she loved him, he felt pleased, but it was a selfish pleasure that needed constant replenishment. Then Nettie, the girl with whom he had been so happy, flooded into him. For the first time in his life the dam broke and he wept over the loss of his love. After hours, he collapsed into bed and slept.

**The first big shift**

Next morning, feeling invigorated, he continued his dialogue with himself. Then it hit him. It was so clear. Happiness was when he was loving. And unhappiness was when he wasn’t loving. He laughed and cried and laughed and cried at the realization that happiness was from within – not from others. Then he thought, maybe I can control whether I love people or not. He thought of his doctor with whom he had been so angry. Did he deserve love? No. But that was not the point! Was it possible to change a feeling of hatred into love – not for the sake of the other person, but for his own sake. He tried it on the doctor. Something big inside shifted. At first he didn’t trust it. It was too easy. He tried it again and found himself saying with a grin “Dr Schultz, I love you”.

**The journey begins**

With this new found skill, Lester embarked on a journey – working his way through his life and sweeping aside the remembered pain and hurt. This was invigorating. Sometimes it came easily. Other subjects took hours to make a shift. But he stayed with all of it and bit by bit cleaned every corner. He gave up bed and took naps in his chair. Each day he felt stronger and happier. He became intrigued. How far could this road take him? Were there limits?

Over the next month, Lester continued the process and got so involved that he avoided social contact. When he did mix with people and they were not lovable, he found he could flip to loving them no matter what they did. It worked every time. Every time that is except one day when he remembered Nettie. Then he found he couldn't shake the hurt – why had she chosen someone else? He wanted to run away from it but was dogged by the sense that if he avoided it, his journey was over. He felt the pain of his ulcers returning and remembered that the ulcers began on the day Nettie left him.

**Lester Levenson and Nettie – his lost love, and the next breakthrough**

Thinking of Nettie he cried to himself "It can't be finished, I won't let it be". Then his words hit him. He was still trying to control this event 20 years later. This was where the hurt was coming from. "Screw that" he thought in a fit of pique and let it go. Suddenly the despair lifted. He remembered he and Nettie as they were. He simply loved her.

**Giving up control**

He felt the surge of this huge revelation. All his life he had been trying to control things  Nettie, the government, the world. Now, giving up on the need to change things became a new part of his journey. He followed the threads of his past, and insights and revelations came tumbling at him. Past mysteries suddenly unraveled. Philosophers were understood. The world became a brighter, clearer place.

**What is my mind?**

"What is my mind?" This was the next question that came to him. As he worked with this, he realized that everything that happened to him had its origins in prior thoughts. When his business had failed it was not others who were at fault. It was that he had subconsciously withdrawn his interest when he discovered the business and the money were not a source of happiness. He was not, and never was, a victim of anything.

A tremendous freedom came to him. Not only was happiness under his control (he could love as he chose), he could also control the events of his life by his thoughts (he could live as he chose). He was both joyful and at the same time eager to find just how joyful he could possibly be. It was now month three and things were speeding up.

**Discovers joy**

Sometimes Lester's thoughts almost overcame him, but he stuck with it and released them all. Sometimes he felt so top-heavy with joy, he could look at his body but he couldn't move and had to spend hours coming down and down until he was sufficiently in his body to be able to operate it.

**Conquering the fear of death**

In this third month, an old enemy that had been lurking showed its face – the fear of death. Lester realized how if had dogged him all his life. He followed these thoughts, allowed them to dissolve – and they did! This worst of foes was nothing after all. Then a feeling of well being came from within. It brought with it a certainty – he knew that his illnesses were gone, his body was whole. In less than three months he had gone from physical wreck to complete wellness. He was blissful and the world and everyone in it had become extremely beautiful.

**Discovers peace**

What is beyond this he thought? Sitting slouched in his chair one day the answer came to him – peace beyond all fear and tension. He sensed that there was an entry, and if he went in, he would never leave. And enter he did – easily – into a great stillness that was ecstatic and indescribable. His question about the limits to happiness was also answered – there were none, but there was a sameness to it and if felt good to slip into this new place of peace.

**The connectedness of everything**

This was a place of Beingness – at one with everyone and everything. To him it was like a comb and he was now the spine seeing the connectedness. Before, he had been one of the teeth, disconnected by his preoccupations. Now he could tune in where he chose. He thought of a friend in California and immediately saw him in his living room talking with friends. He called him and started to describe what he saw. Suddenly feeling negative thought, he realized it was his friend's panic in believing that Lester could actually see him. Lester backed off, made a joke of it and his friend calmed down.

He realized in the future he'd need to more careful to recognize when people were still thinking as he had done only three short months before when he saw the world as solid – like concrete. Now he understood that the world was just a result of his thought. Twenty years of buildup began to fall apart. His body shook. It shook for days until the ideas shook loose. The solid thing was not the world. The Beingness that was all of him was the reality. Like one big ocean, it had no limits. He let go of identifying with his body and saw himself as a part of everybody, of everything. The extremes couldn't have been greater. He had moved from depression to indescribable serenity.

**What can I do?**

The then question became "If I am now all powerful, what power can I exert?" Powers came to him. In his early days of enlightenment, if he had a receptive audience, he would demonstrate moving a cup around the table with thought alone. Later he moved on from these demonstrations except for rare occasions when he felt someone would benefit. Even then, he did not regard himself as the doer,

just the catalyst. By the time his experiments were done, he had proven to himself that the mind has no limits except those that were self-imposed.

He began to mix with metaphysical groups and found he had a receptive audience. Sometime his advice was practical. In 1953, he realized that he had never made a million dollars. In part to prove his abilities and in part to affirm that enlightenment did not mean giving up on ambition or prosperity, he decided to invest in real estate in New York. With no cash and no effort, within six months he had 23 apartment buildings and his goal was achieved.

**Mantifestation on demand**

“What’s next?” he thought. Wealth did not grant security because it could be lost. The need to have it meant no faith in your ability to manifest at will. Just before Christmas, Lester decided to holiday in Los Angeles. He packed a bag but no money and walked out. Within one block, he ran into an old friend with whom he had lost contact and who owed him money and delightedly paid him back on the spot. That paid the air fare. During his whole trip, friends appeared exactly at the right time and place with accommodation and transport, and airline seats for his return appeared on just the right plane even though all flights were booked solid for a month. He returned to New York as he had left – with no money.

Lester Levenson was always happy to share his knowledge. He never charged for his work. Impromptu gatherings would occur in New York and on his occasional drives across the country – sometimes with an audience of hundreds simply gathered by word of mouth.

**The move to Sedona**

In 1958 he decided to move to California. Along the way an inner voice sidetracked him to Sedona, Arizona and he bought a farm there and settled in until he transitioned at age 84 – 42 years from being given months to live. During those later years, he never completely stopped his work – sometimes traveling to Phoenix, to what became a regular group in California and occasionally to New York. He felt himself at oneness with all and continued to share his insights with whoever was drawn to his presence.

# Lester Levension : The Real-Life True Story of A Modern American Master, Lester Levenson (Part 1)

## Letting Go, The Power of Love

### Lester Levenson's story

“The original state for all beings is love. Our troubles are due only to our covering over this natural state.”

Lester Levenson

Lester Levenson

I’m creating this post and sharing this story only because very few people have ever heard of Lester Levenson, a modern American master. . .

. . .who turned misery, sickness, depression, and deathbed. . .

. . .to complete health, happiness, and prosperity.

Lester Levenson has helped me to see what I truly am. . .

. . .and my life has been forever changed.

### Who Is Lester Levenson?

Lester Levenson was a man who had mastered life’s greatest challenge. He created The Sedona Method to save his own life.

In 1952, at age 42, Lester Levenson, a physicist and successful entrepreneur, was at the pinnacle of worldly success, yet he was an unhappy, very unhealthy man. He had many health problems including depression, an enlarged liver, kidney stones, spleen trouble, hyperacidity, and ulcers that had perforated his stomach and formed lesions. He was so unhealthy, in fact, that after having his second coronary, his doctors sent him home to his Central Park South penthouse apartment in New York City to die.

Lester Levenson was a man who loved challenges. So, instead of giving up, he decided to go back to the lab within himself and find some answers. Because of his determination and concentration, he was able to cut through his conscious mind to find what he needed.

What Lester Levenson found was the ultimate tool for personal growth—a way of letting go of all inner limitations. He was so excited by his discovery that he used it intensively for a period of three months. By the end of that period, his body became totally healthy again.

What Lester Levenson discovered firsthand is that we are all unlimited beings, limited only by the concepts of limitation that we hold in our minds. These concepts of limitation are not true; furthermore, because they're not really true, they can easily be released or discharged.

Lester's experience made him understand that not only could he practice this technique himself, but he could also teach others how to do it as well. As a result, he began working with people, both in small groups and individually.

Furthermore, he entered a state of profound peace that never left him through the day he died on January 18, 1994.

Here's Lester's story.

In The Hospital

"Every experience is to bless you, not to hurt you. If you stay in accord with principle, you will come out higher!" - Lester Levenson

At the end of two weeks, Dr. Schultz arrived for his regular morning visit, and after examining his patient – Lester Levenson – he pulled up a chair and sat down.

“I’m discharging you today. Your condition is stable, and there’s no reason to keep you here any longer. Now that doesn’t mean you’re well. Far from it. You need an indefinite period of convalescence as well as checkups at regular intervals. But you don’t need to be in the hospital any longer. You can continue with bed rest and medication at home.”

The doctor went on to outline Lester’s at-home program of rest, medication, and regular office visits; his diet; social activities (none); even his sex life (also none).

Lester was surprised but determined to follow doctor’s orders. “How long will this go on, Doc?” he asked. “How long do I have to take it easy like this? I realize you can’t tell me exactly, but can you give me some idea?”

He observed the doctor as he waited for an answer.

It had seemed like a long time before Dr. Schultz spoke, “How old are you, son?”

That wasn’t what he expected. He wondered what was coming next. There was something in the doctor’s manner he didn’t like.

“Forty-two,” he answered and waited.

Dr. Schultz looked out the window, his face impassive as he sat lost in thought. After a long moment, during which neither man moved, the doctor nodded his head once, a sharp, decisive movement which frightened Lester, and spoke abruptly and with finality, “From now on, I’m afraid.”

“What do you mean, from now on?” A very sick feeling was rising from Lester’s gut, up into his stomach.

“I mean that you cannot expect to live a normal life from here on.” He went on quickly when he saw Lester’s shocked look. “You’ve just had a very serious coronary; you’re lucky to be alive at all. Anyone else would have been dead by now with the severity of this attack.” The doctor paused, then cleared his throat, “I realize how difficult it must be for you to hear this, but I assure you it isn’t pleasant for me either.” He got up abruptly and walked to the window, his back to Lester. “I wish there were something else I could say; I wish I could tell you that in a few months you’d be back to normal and could pick up your life where you left off,” he paused, turning to face Lester quietly, “but I can’t. In all conscience, I can’t tell you that. And I’m sorry.”

Lester was angry now. “You’re sorry? Well, so am I! You saved my life… for what? So that I can be an invalid for the rest of it? What the hell kind of life are you giving me back anyway?”

Once started, he couldn’t stop. He raved on and on. All his frustration, rage and anger poured out until the sick feeling in the pit of his stomach finally rose to his throat and he began to cough and choke.

The doctor held a basin for him while he gagged and heaved and finally fell back exhausted onto the pillows, his hand shaking as he reached up to wipe his mouth.

The doctor was shaking too as he carried the soiled basin to the bathroom. He carefully placed it on the floor, then hunched over the sink, one hand on each side of it supporting his weight, his forehead touching the cold mirror of the medicine chest on the wall. In spite of all his years of practice, these situations still affected him. He thought of home and wished he were there now, his day over, relaxing before dinner with a drink or two.

With a deep sigh, he pulled himself erect and walked back into the room. “I’ll sign the discharge papers today. But you can stay on if you want,” he said quietly “If you need more time to make your arrangements, I’ll tell the nurse it’s okay.” He didn’t know what else to say.

Lester answered, “No, that’s all right, I’ll leave today, this afternoon. There doesn’t seem to be any point in prolonging it.”

“All right, whatever you decide is all right. But remember that you can change your mind and stay a bit longer if you want.” He stood in silence for a moment, while he carefully examined Lester’s ashen face. “Please be sure to take it easy when you get home. I can’t overemphasize the importance of that. You shouldn’t climb any stairs at all. And do you have shoes without laces; you know, loafers?”

“Loafers? No, why?”

“You might want to have someone buy you a pair. It’s better if you don’t have to bend over to tie your shoes. It puts an additional strain on your heart when you get into that position.”

The idea struck Lester as ridiculous but all he said was, “Okay, whatever you say.”

Lester Levenson had always hated loafers but it didn’t matter now.

Then as he watched the doctor walk toward the door, a question occurred to him. “Doc,” he asked, “I’m not going to die, am I? I mean, I might have to kind of take it easy from here on, but I’m not going to die, right?”

Dr. Schultz stopped. “I don’t know,” he answered, then turned to face Lester. “I wish I could give you a positive answer, but I can’t. The truth is that I simply don’t know. You’ve had a massive heart attack, and you could live for another year or two, or you could go tomorrow. I just don’t know.”

“Thanks for being honest with me, Doc. I’ll be seeing you.”

Home (Not That) Sweet Home

"Be thankful for the opportunity to grow."  - Lester Levenson's quote

That afternoon, Lester Levenson went home to his penthouse as though to a tomb.

“It is a tomb,” he thought, “and I’m a dead man. I guess I’ll just have to get used to it.”

His sisters wanted to help and offered to take turns staying with him, to take care of him, but he sent them away. He just wanted to be by himself.

He went to bed and mostly slept for three days, waking up only occasionally to eat, or take his medicines, or use the bathroom. Then he’d crawl, like a wounded animal, back to his hole.

On the fourth day, something changed. After his midday meal, he was sitting in a chair, looking out the window at Central Park. There was snow; the trees were sparkling; the park looked like a fairyland. How beautiful it was and then he realized that he wasn’t enjoying it at all. He could not respond, even to beauty. He was a virtual invalid, with no hope of ever getting any better. At best, he could look forward to years of sitting in this apartment, nursing a frail corpse that hadn’t the good sense to lie down and get it over with.

That thought made him so furious he got up from his chair with the greatest surge of energy he’d had since his attack, went straight to the medicine chest in the bathroom and counted his pills. He found a good supply of the newer medications; sedatives and heart pills. There were also morphine tablets a doctor had prescribed some years before for the pain of kidney stones. There were certainly enough left in the bottle to take him off this planet if he chose to go. And morphine would be such a nice way to go; you just floated off on a warm, cozy cloud, everything rosy. It was certainly better than waiting for another heart attack.

Okay. Now he had a choice. For the first time since his illness, Lester Levenson felt he had some control over what happened to him. He considered what to do. Should he take the pills now and get it over with? No, not right now he decided; he could always take them when and if things got too bad.

He went back to his chair and began looking the situation over, speaking aloud to himself, “You’re still breathing. No matter what those doctors or anyone else say about the prognosis, you’re still breathing, and that’s what counts. Maybe there’s some hope after all.”

“Okay, where do I start?”

That question brought on the sinking feeling again, and it occurred to him that perhaps he should go ahead and take the pills at once. At least then he’d be out of his misery and could stop fighting. And what had he been fighting for all his life anyway? Just a little happiness, that was all; and he hadn’t found it, not ever, not in any way that lasted more than a few minutes or hours at a time. Momentary… that’s what life was… momentary… impermanent… always changing… you’d no sooner think you had it made, had everything nailed down and could relax, then the next thing would happen, and there you were again … right back where you’d started … clutching, clutching, clutching for something you couldn’t hold even if you got it.

What the hell was life all about anyway? What was it all about? And what was he doing here on this planet?

It didn’t make any sense to him that he should be born; go through all he had gone through in his life; never really get anywhere that really mattered; and end up with nothing, absolutely nothing except a dying body and eventually even that turns to dust. All his possessions and accomplishments felt meaningless and empty.

“Like dust,” he thought. “Ashes to ashes and dust to dust… If the war doesn’t get you, the taxes must.”

He had to laugh at the truth in that silly rhyme. Life seemed so stupid. But as he thought about taking the pills, he realized that he couldn't give up yet. There was something stirring in the back of his mind … an elusive thought that there might be an answer if only he knew where to look. Well, he had nothing but time, he figured, and even though his body was half dead, he still had his mind; he could still think.

"Should I try?" he wondered aloud.

For a moment, he wavered, then decided with a shrug, "Oh, what the hell … I got nothing to lose. If it doesn't work, I can always take the pills." And he knew he would if it came to that. There was no doubt in his mind.

That being settled, he didn't have to think about it again. His mind felt clearer than it had in a long time, and for the first time since his illness, he felt truly hungry.

He went to the kitchen and fixed himself a real meal. Still very weak, he took his time and didn't try to rush.

Lester Levenson story

As he ate, his mind was busy exploring new thoughts, questions, ideas of where to look for his answer. The new project was exciting, and he felt himself coming alive again. Refreshed and strengthened by the meal, he went back to his chair by the window.

"Where to begin?" he wondered, "Well, first, what are the questions?"

"What is life? What is it all about? Is there a reason for my being here in this world, and if so, what is it?"

“What is life? What is it that I’ve been looking for?”

“Just a little happiness, that’s all,” he answered himself. “Okay, then, what is happiness? How do you get it? Where do you find it?”

“What is life? What is this world all about and what is my relationship to it?”

“How did I get into this mess I’m in?”

“Is there a way out of this mess?” He already knew the answer to that one. Other than dying, there is no way out, but he thought if he could only get the answers, at least he’d know the reason for his life. He might make some sense out of it all, and that would be something. It would have to do.

First, he looked in the dictionary for definitions of happiness and life. They didn’t tell him anything he didn’t already know.

Next, he went to his library of books collected over the years. There was Freud; could there be anything useful in that? No, he’d tried Freudian analysis for years, and it hadn’t helped. He’d also read every book Freud had written that had been translated into English and hadn’t found the answers. No, Freud had no answers for him. He went on to others; Watson’s Behaviorism, Jung, and Adler, nothing for him in those, either. Then there were the philosophers. He began taking books from the shelves, putting them in a pile. He’d read them all cover to cover more than once, but maybe he’d missed something. After all, he thought, he hadn’t then had specific questions.

Taking books to his chair by the window, he began to read. He skimmed through one after the other, stopping to read paragraphs or pages here and there. His head began to feel clogged with information, and his thoughts were spinning.

More and more impatient, he went back to the shelves for other books, books on medicine, physics, engineering. He had books on everything, and he looked through them all over the next two days.

The room was a mess, books piled everywhere, some lying open on the floor where he had thrown them in his frustration. The only ones left on the shelves were a joke book and some biographies, which had been given to him as gifts.

Where to look next?

“You were always a smart boy,” he told himself. “Didn’t you win a full scholarship to Rutgers by competitive exams when there were only three being given? Even though you were a Jew, they couldn’t hold that back from you. You won it! And in school, weren’t you always on the honor roll? And haven’t you read tons of stuff on man, from engineering and physics to psychiatry and philosophy and medicine? Well, if you’re so smart, big shot, what did all that study and knowledge and reading get you? Migraines, kidney stones, ulcers, appendicitis, pain, misery, unhappiness, and finally a coronary which should have finished you off and didn’t. What more do you need before you come to your senses? For a smart boy Lester, you are stupid, stupid, stupid! All that knowledge has availed you nothing. And here you are looking for more, wanting more books written by someone else who hasn’t found the answers either.”

“That’s that!” he told himself. “I’m finished with all that crap.”

With that decision, he felt a lifetime burden lift from his shoulders. Suddenly he felt light, almost giddy.

He realized he had actually been looking for the same answers all his life, but now he knew, without a doubt, that if they were to be found in any of the conventional places, he would have already found them. He would have to look somewhere else. And he thought he knew where. He would put all that useless knowledge aside, disregard everything he’d learned, go back to the lab and start from scratch.

The problems were within him, he reasoned. It was his body, his mind, his emotions. The answers must be within him, too. That was his lab, and that's where he would look. It felt good.

He went to his chair and began.

Answers Begin To Emerge

Lester Levenson's quote about letting go of ego.

For a month Lester Levenson sat, relentlessly questioning, probing.

At first, he tried to obey the doctor's orders and spend a good part of each day resting in bed, but he couldn't stick with it. His mind was too active, and this new research was the most exciting thing he had ever done.

He worked at it as intensely as he had worked on other projects, by trial and experience. He had two-way conversations with himself, first posing a question, then exploring each possible answer until he could either validate it or eliminate it.

By doing this, he made his first significant breakthrough; got the first real answer.

It was about a month after he'd begun his self-search, and he was looking into the question of happiness.

He'd already eliminated some answers and once again asked himself, "What is happiness?"

The answer that came this time was, “Happiness is when you’re being loved.”

That seemed simple enough.

He went on. “Okay, would you say you are happy now? Do you feel happy?”

The answer was no.

“Okay,” was the conclusion, “then that must mean you are not loved!”

“Well, that’s not exactly true,” came the rebuttal. “Your family loves you.”

That made him stop and think. He saw their concerned faces again when he’d been so sick in the hospital, remembered the pleasure in their eyes when he’d returned home after each lengthy sojourn elsewhere, heard his sister Doris’ sweet voice on the telephone, “How are you, honey?”

Oh, yes, he was loved. There was no mistake about that. And there were women, too. He could think of more than one who would marry him in a minute if he asked. He knew it was so because they had asked him, and had broken off the relationship when he refused. There were men who loved him, too, as a friend. These were men he had known all his life, real friends who had stood by him through all kinds of difficulties, who still regularly called just to say hello and see how he was doing, who enjoyed spending time with him. They loved him.

It came as a shock that with all that love, he still wasn’t happy. It became obvious that being loved was not the answer to happiness.

He threw it out and tried a new approach. “Maybe happiness lies in accomplishments,” he thought. He remembered when he’d won the Rutgers scholarship when Kelvinator had upped his salary, when he got his first apartment, when he opened the first Hitching Post when he made the coup in Canadian lumber. Proud of himself, yes. But happy? No, not what he would call happy.

“Well, then,” he asked himself, “have I ever been happy and if so, when?”

The first part was easy; of course, he’d been happy sometimes. But when specifically?

He began to look at it…. There were the summer times years ago when he was camping out with the fellows. He had been happy then. Oh, not every minute, of course, so what were the particular moments? The first thing that flashed into his mind was a picture of him helping his friend, Sy, put up his tent one summer. Sy had arrived late in the afternoon, and one of his tent ropes had broken. Lester had helped him, both of them laughing, pleased with their friendship, feeling good about themselves and each other. Yes, he had been happy then.

He chuckled at the memory. He felt good even now, thinking about it.

“What were some other times?” he asked, and the next thing he remembered was how he felt when his friend, Milton, had eloped in college. No one was supposed to know about it, but Milton had told his best friend, Lester.

He had been very happy then; was it because he felt special that Milton had told him a secret?

Upon reflection, he saw that it wasn’t that. No, it was the expression on Milton’s face, talking about his beautiful new bride and how much he loved her; they just didn’t want to wait until after college. Lester had felt a twinge of envy for a moment, but then had looked closely at his friend’s face beaming with love and he knew he had definitely been happy for Milton. He felt the happiness well up in him even now, after all, the years, as he sat with eyes closed, reviewing the scene in his mind. Yes, he had been happy then.

As he continued to review the past, happy times came faster and faster. He remembered June and driving to pick her up for a date, his heart singing with love, impatient to see her. Yes, he had been happy then.

And there was Nettie. Oh, God, he hadn't thought about her for such a long time. He really didn't want to now, there was so much pain attached to it, but there it was. He'd been running away from that pain all his life it seemed, and he was tired, tired of running. It was the end of the line, and he simply couldn't run any longer.

So he forced himself to look and to question. Oh, yes, he had been happy with Nettie. Memories flashed through his mind, moments when he had held her in his arms so tenderly, wanting to take her right inside himself. Moments at parties, when he would unexpectedly catch her eye across a room and be flooded with love. Remembering her smile, the sun glinting on her hair, the serious look on her face as they sat studying together, the faint flowery smell of her, the sound of her laughter, her voice soft in the night, "I love you, Lester."

He sat back and let the pictures flood him, wash over him, let it all flow, let the long-held pain flow. His heart ached until his carefully erected, protected dam broke and for the first time, he cried over his lost love, his Nettie, his darling.

Grief seemed to come from some bottomless pit of pain and loneliness. It went on for what seemed like hours and when it was over, he felt drained and weak.

When he could, he crept from the chair to his bed and slept like a dead man.

What Is Happiness?

"We feel the greatest when we love." - Lester Levenson

In the morning, Lester Levenson woke very early feeling rested and refreshed.

His first thought was, “Well, then, what is happiness?” He laughed at his tenacity as he rolled out of bed and into the shower.

While preparing breakfast, his thoughts continued to explore the question which dominated his mind. Well, then, what is happiness? What is the common denominator in all these moments? There was Sy; there was Milton, then June, and his Nettie…, what was the common denominator? Somehow he knew it was tied up with love, but he could not, at first, see how.

When it finally came, it was so simple and pure and complete an answer that he wondered why he had never seen it before. “Happiness is when I am loving!”

He realized that in every instance his feeling of love for the other person had been intense and that’s where the happiness had come from, from his own feeling of loving.

It was so clear to him now that being loved was not the answer. He could see that even if people loved him unless he felt the love in return, he was not going to be happy Their loving might make them happy but it would not, could not, make him happy.

It was a new and mind-boggling concept and even though he instinctively knew that it was correct, his old scientific training didn’t allow him to accept it without testing.

So he looked into his past, remembering those times in his life when he had been loving and happy, and he recognized that at those times, the other person had not necessarily been loving him.

He looked at the other side too, the unhappy times and now that he knew what to look for, it was very obvious that he had not been loving. Oh, he’d thought at the time that he loved them, as with Nettie and June. He loved them, needed them, wanted them. But was that love, he wondered now. No, it

was painful … he was experiencing pain that they didn't love him. And even though he called it love, he was really wanting to possess them completely, thinking he needed all their love to be happy.

That was the key! He had been experiencing a want or lack of love, expecting the other person to supply the love, waiting for the other person to make him happy.

He had to laugh, it seemed so ludicrous. To think that someone else could make him happy seemed like the funniest thing in the world. He knew, better than anyone, that no one could ever make him anything. He'd always been very proud and stubborn and self-sufficient, sure that he never needed anyone or anything.

"What a joke!" he thought. The truth is that he'd been all the time dying inside for want of love, thinking he had to get it from someone. Tears rolled down his cheeks as he laughed and laughed at the realization that what he'd been looking for all his life was inside him. He had been like the absent-minded professor looking everywhere for his glasses which were on top of his head all the time.

"What a shame," he thought, wiping away the tears. "What a shame that I never saw this before. All that time, all those years wasted.… what a shame."

"But wait a minute!" he thought. "If happiness is when I'm experiencing love for the other one, then that means happiness is a feeling within me. And if I felt unloving in the past? Well, I know I can't change the past, but could I possibly correct the feeling now inside myself? Could I change the feeling to love now?"

He decided to try it. He looked at his most recent unhappiness, the day he left the hospital.

"First," he asked himself, "was I experiencing a lack of love that day?"

“Yes,” he answered aloud. “Nobody gave a damn about me, not the nurses, not the orderlies, not even Dr. Schultz. They did not care. As sick as I was, they threw me out, sent me home to die so they wouldn’t have to watch one of their failures.… well, the hell with them. They can all go to hell.”

He was shocked at the vehemence in his voice. His body trembled with rage, and he felt weak. He really hated the doctor. He could feel it burning in his chest. “Oh, boy,” he thought, ”this sure isn’t love.”

“Well, can I change it?” he asked. “Is it possible to turn it into love for the doctor?”

“Hell, no,” he thought, “why should I? What did he ever do to deserve any love?”

“That’s not the point,” he answered himself. “The point is not whether he deserves love. The point is, can you do it? Is it possible to simply change a feeling of hatred into a feeling of love – not for the benefit of the other person but yourself?”

As the thought crossed his mind, he felt something break loose in his chest. A gentle easing, a sense of dissolving, and the burning sensation was gone. He didn’t trust it at first. It seemed too easy so he pictured again the scene with Dr. Schultz in the hospital. He was surprised to find that it brought only a mild feeling of resentment rather than the previous intense burning hatred. He wondered if he could do it again.

“Let’s see,” he thought, “What did I just do?… Oh, yes. Can I change this feeling of resentment into a feeling of love?”

He chuckled as he felt the resentment dissolve in his chest. Then it was totally gone and he was happy.

He thought of Dr. Schultz again, pictured him in his mind and felt happy, even loving. He saw now, reliving that last meeting, how the doctor had hated to tell him the things he had to say. He could feel the doctor's pain at having to tell a young man in the prime of his life that his life was over.

"Doctor Schultz, you son-of-a-gun," he said, grinning, "I love you."

"Well, it worked on that one," he thought. "If my theory is sound, then it should work on everything."

Eagerly he began trying it on other moments, and the results were consistently the same. Each time that he asked himself if he could change the feeling of hostility or anger or hatred to one of love, the dissolving process took place.

Sometimes he had to repeat it over and over until he felt only love for the person.

At times, the entire process would take only a minute or two; at other times, it might take him hours of working on a particular person or event before his feelings were only loving, but he would doggedly stay with it until it was completed on each person and each incident. His entire life came up for review in bits and pieces.

One by one, he changed to love all the old hurts and disappointments. He began to feel stronger as the weight of his pain dropped away. He was happier than he had ever been in his entire life, and he kept it going, feeling even more happiness with each new thing corrected.

So, he stopped going to bed because he had so much energy that he couldn't lie down. When he felt tired, he would doze in his chair and awaken an hour or so later to start in again. There was so much to be corrected in his life that he didn't want to stop until he had looked under every stone and around every corner.

How Far Could Lester Levenson Take This?

"Longing for liberation is the key." - Lester Levenson

Another thing that intrigued him was the question of how far he could take this.

As he corrected each thing, he became happier, he could feel it; but he wondered how far he could go.

Was there a limit to happiness?

So far, he hadn't found any boundaries to it and the possibilities were staggering.

So he kept on, around the clock. His strength was returning, but not wanting to be distracted, he avoided getting involved in social activities and would sometimes even pass up the Sunday get-together with his family.

He did his food shopping in the middle of the night, around two or three in the morning. There were very few people up and about at that hour, and he enjoyed the quiet of the city.

He went on correcting his life, even while doing the necessaries. And he noticed that when someone in a store or on the street would annoy him, he was able to correct that response with love either immediately or shortly after that.

This experience pleased him, and he found himself loving others with an intensity far beyond anything he had imagined possible.

As he described it many years later, “When I mixed with people, and again and again when they would do things that I didn’t like and within me was a feeling of non-love, I would immediately change that attitude to one of loving them even though they were opposing me. Eventually, I got to a point where, no matter how much I was being opposed, I could maintain a feeling of love for them.”

He continued to correct his life with consistent results for about a month until one day he got stumped. He was working on the last time he had seen Nettie, the day she chose someone else. Even though he had already corrected a lot of the pain with regard to her; she had come to his mind again and again, and it had not always been easy. In fact, it had been very difficult at first to work on that old relationship but gradually as he gained strength, he had been able to confront some of those long-buried feelings and correct them. But on this particular day, no matter how hard he tried to correct it with love, there was still a feeling of despair which he could not dislodge.

He wanted to escape, to get out of his chair and run, to get something to eat, to do anything that would get him away from his intense feeling. Instead, he decided to sit there until he handled it. Something told him that if he let that feeling push him around if he lost that battle, he would have lost the war. He stayed in his chair, determined to ride it out.

He probed, “What’s wrong here? Why isn’t it dissolving? Nettie, oh, my Nettie.”

He began to cry now, tears streaming down his cheeks, all the pain he had locked up on the day they parted came now in flood. “Why did you do it, Nettie?” he cried aloud. “Why did you do it? Why did you leave me, my darling? We could have been so happy; we’d have married and been so happy.”

“Damn,” he thought, “why do people do things like that? They throw their happiness away, and everyone else’s too. They have no right to do that.… no, they shouldn’t be allowed to do that.…, there should be some way of making them change…, some way of changing the things they do and the effect they have on people.….”

He felt the old pain of ulcers starting up again in his stomach and realized with certainty that the ulcers had started that last day with Nettie. He’d drunk the beer and thrown up; that had been the beginning. He wished it had been different. More than anything else in this world, he wanted to

change what had happened. He wanted to go back and live it over again the other way with Nettie choosing him, with them getting married and being happy forever more.

“Well, you can’t change it, stupid,” he shouted at himself, “so you might just as well stop trying to.”

That jolted him. He saw that he was still trying to change something that had been finished more than twenty years ago. “No, it can’t be finished,” he cried. “I won’t let it be finished.” His throat hurt now and he felt like screaming and smashing things.

Then, like instant replay, he heard what he’d said, “I won’t let it be finished.” That was the source of his anguish; he’d wanted to change it all these years and so he kept it alive inside himself, the pain buried deep, eroding his happiness.

“Well, the hell with that,” he said, almost flippantly.

Suddenly, with that decision, the whole thing was gone. He couldn’t believe it. He felt for the hurt, the pain, the despair. It was all gone. He thought of Nettie as he remembered her, so young, so beautiful, and he simply loved her. There was none of the old painful feeling left.

He began to look now in this new direction. He realized that the cause of his ulcers was that he had wanted to change everything, starting with his nearest and dearest and extending out to the rest of the world, including the United States, other countries, government heads, the weather, endings of movies he had seen, the way businesses were run, taxes, the army, the President; there was nothing he could think of that he had not wanted to change in one way or another.

What a revelation! He saw himself subject to and a victim of everything he wanted to change!

He began dissolving all that.

When he thought of something that caused him pain about a person or situation, he would now either correct it with love or dissolve wanting to change it. This added a new dimension to his work, and his progress accelerated.

By the time a second month had gone by, it was all he could sometimes do to stay in his chair, he became so energized.

And there were times, when he had worked on particularly painful incidents in his life, that he literally could not sit and would go out into the city and walk for miles, reviewing, correcting, dissolving until he had burned off enough energy to sit still again.

Sometimes he felt as though he had hold of a chain with many links to incidents on it which needed correcting. Once he got hold of the chain, he would follow through incident by incident until there was nothing left to be corrected.

An example of such a chain was jealousy. He had always been intensely jealous but managed to hide it most of the time under a facade of not caring. Nevertheless, his insides used to burn if the girl he was with so much as looked at someone else or even mentioned another man.

Once he decided to correct this tendency in himself he looked for it, not content to let it come willy-nilly. He would probe his memory for instances where his jealousy had driven him; correct it; then look for more. When he thought it was cleared out, he tested himself by imagining the girl he loved most making love with the man he would least want her to be with.

It was a good test because he could see immediately if there was more work to do.

Sometimes the intensity of his feelings would almost drive him mad, but he continued for days until there was no last vestige of jealousy left in him. When he could finally enjoy their enjoyment of each other, he knew he was finished with jealousy.

Insights came with increasing frequency. He would often gain a sudden, complete understanding of something which had always puzzled him. Philosophies he had studied became clear, and he could see that they had often started off on the right track, only to veer off into distortions, having been diverted by an incorrect idea springing from the author's own storehouse of uncorrected feelings.

His mind began to feel like crystal … clear, sharp. Colors seemed brighter and everything was more sharply defined.

Lester Levenson Asks, "What Is Intelligence?"

Lester Levenson's story | What is intelligence?

There was a certain greater freedom I felt. It was easier to concentrate because of it, and I began to look more closely at my mind.

"What is my mind?" I asked. "What is intelligence?"

Suddenly a picture flashed of an amusement park bumper car ride. Small round cars each have a flexible pole in the rear which connects to a wire screen spread across the ceiling. The energy to power all the cars comes from this single source, the ceiling, and is transmitted by means of the pole at the rear of each car.

The amount of energy is regulated by individual drivers using a foot pedal. This makes the ride more interesting. The steering mechanism is constructed to be oversensitive.

Therefore, it requires the utmost delicacy of handling to maintain control of the car because the slightest movement of the wheel sends it careening and the cars are constantly bumping into each other, out of control.

And it seems that the more a driver tries to control his car, the more erratic becomes the action.

This was a picture of mankind today. We all use the same single intelligence and power taken from above. But most of us are out of control, using the energy to bump into each other.

However, I began to see that I could regulate the amount of power and intelligence for my own use and that I could have control of it. I liked that so I began to dig at it.

I began to examine thinking and its relationship to what was happening. And I saw that whatever was happening had a thought behind it at some time prior. And that the reason I had never before related the two was because of the element of time between the thought and the happening.

But I did discover that with everything that was happening to me, I'd had a thought of it before it happened; and that, if I could grab hold of this concept and find a way to use it, I could consciously pre-determine everything that would happen to me!

Above all, I saw that I was responsible for everything that had happened to me, formerly thinking that the world was abusing me!

And I saw that my tremendous effort to make money and then losing it was due only to my thinking; that I had always been seeking happiness, and thought that making money would do it.

So whenever the business started to make money, and the money did not bring me the happiness I wanted, I began to lose interest and the thing collapsed.

I had always blamed it on other people and circumstances, not realizing that it was simply my subconscious knowledge that this is not happiness which caused me to lose interest and that, in turn, caused the business to collapse.

This was a tremendous piece of freedom, to think that I am not a victim of this world, that it lies within my power to arrange the world the way I want it to be; that rather than be an effect of it, I can now be in control of it and arrange it the way I would like it to be. That was a tremendous realization, a tremendous feeling of freedom.

Discovering that my happiness equated to my loving and that my thinking was the cause of things happening to me in my life gave me more and more freedom; freedom from the subconscious compulsions that I had to work, I had to make money, I had to have girlfriends. Freedom in the feeling that I was now able to determine my destiny, I was now able to control my world, lightened my internal burden so strongly that I felt there was no need for me to have to do anything.

Plus, this happiness was so great. It was a new experience for me. I was experiencing a joy that I never knew existed, never dreamed could be. So I decided, “This is so great, I’m not going to stop until I carry it all the way.” I had no idea how far it could go. I had no idea how joyous a person could be. But I was determined to find out.

How Joyous Could He Get?

"You are now, and always have been, that one and glorious Infinite Being." - Lester Levenson

During the third month, things went even faster. There was a depth to his feelings that threatened to bowl him over at times. His knees sometimes buckled, but he stayed with each feeling until it was corrected. He was becoming happier and happier, still looking to see if there were any limits to what he could accomplish with this new process.

“How much further can I go?” he would ask himself, then push it even further.

It was also during the third month that he ran into an old adversary, one he had seen out of the corner of his eye again and again throughout his life. It had lurked nearby, always on the periphery and he had never before been willing to meet it head-on. Yes, it was the fear of death. Now he recognized it as the basis of every single feeling he had ever had.

He began to coax it out into the open, wanting to take a good look at this biggest foe of all, which had so very nearly won the battle only a few months ago. He began to lure those feelings into the open and to dissolve them. And it worked! He got to the place where, with great confidence, he laughed and laughed and laughed at this foe which had kept a fire lit under him his entire life so that there had not been one moment of real peace, ever.

This last of the monsters turned out to be, after all, only a feeling. As he dissolved the fear of death, he realized one day that his body was sound, healed. The physical impairment was corrected. He couldn't explain to anyone how he knew; he just knew it as surely as he knew who he was. His body was sound.

By the end of the third month, he had slipped into a blissful, joyous state, which he could only describe as feeling like a million orgasms surging all at once through his entire body. It went on and on, and he realized that this feeling, although not sexual, was what he had always been looking for but never found in sex. He felt light, living for weeks with joy exploding inside him every moment. Everyone and everything became exquisitely beautiful to him.

He kept looking for more things to correct, but there didn't seem to be much. Occasionally something would occur to him, but it would be gone almost before he could define it and the joy would surge through him even more strongly.

After several weeks, he began to wonder if there could be anything better beyond this joy. He was sitting in his chair in the usual position, slumped down, legs stretched out, chin touching his chest. He had the idle thought without expecting an answer, but the answer came.

What was beyond this incredible, joyous state that didn't stop? He saw that it was peace, imperturbability…., and he realized with certainty that if he accepted it, if he decided to move into that

peace, it would never, ever go away…, and he went…, slipped into it so effortlessly…, with just a decision to have it…, he was there.

Everything was still. He was in a quietness that he now knew had always been there but drowned out by incessant noise from his accumulated, uncorrected past. In fact, it was more than quiet; it was so far beyond anything imaginable that there were no words to describe the delectable deliciousness of the tranquility. His earlier question about happiness was answered too. There were no limits to happiness, but when you have it all, every minute, it gets tiresome. Then this peace is just beyond … and all you have to do is step over the line into it.

“Is there anything beyond even this?” he wondered.

But as he asked, he knew the answer. This peace was eternal and forever, and it was the essence of every living thing. There was only one Beingness, and everything was It; every person was It, but they were without awareness of the fact, blinded by the uncorrected past they hold on to.

He saw this Beingness as something like a comb. He was at the spine of the comb and all the teeth fanned out from it, each one thinking it was separate and different from all the other teeth. And that was true, but only if you looked at it from the tooth end of the comb. Once you got back to the spine or source, you could see that it wasn’t true. It was all one comb.

There was no real separation, except when you sat at the tooth end. It was all in one’s point of view.

Lester Levenson Discovers Amazing Natural Powers

Lester Levenson story

If that were really true, he thought, then he could tune in at any point he chose. If he were the whole comb, he could tune in with any tooth at all.

He thought of a friend in California, wondered what he was doing at that moment and was immediately there in his friend's living room. He could see the place, the people in it, his friend sitting there talking to them.

So, he picked up the phone and called. "I just want to check something with you," he said. "You are in the living room, and there are three other people there…." He went on to describe in detail the room, the people and what they had just been talking about. He heard a gasp from the other end of the phone and asked if what he had described were true.

His friend answered, "Yes, but how the hell could you possibly know that?"

With a laugh, Lester said, "I'm right there. Can't you see me?"

There was a long silence.

He could feel panic and realized with surprise that it was his friend's panic he was feeling. He felt as though he were right inside the other man, feeling and thinking exactly as the other one. It was a totally new experience, and it suddenly came to him that he was the other one… that he was, in fact, every other on … because his essence was the essence of all. He was sitting at the spine of the universal comb. He had a new point of view and could see everything.

To ease his friend's fear, he said, "Oh, come on, you're kidding me, right? When I described those people and what everyone said, you only told me that I was right to make a joke, didn't you? It wasn't true, was it?"

He could feel the panic subside as his friend answered, "Lester, you son-of-a-gun, are you trying to tell me you made all that up?"

“Certainly I made it up. What do you think I am, some kind of a nut? It was just a joke.”

“Well, you really had me going there for a while because everything you said was true,” his friend was laughing now.

“Wow, what a fantastic coincidence,” Lester said. “Well, I won’t keep you from your company any longer. Give me a call when you get to New York next time. We’ll go to lunch together and have a good laugh over this.”

“Okay, Les, be seeing you.”

Lester hung up realizing that he’d have to be more careful in the future. He’d forgotten that people think in very narrow terms, unable to accept anything outside the usual.

Suddenly, he remembered himself a few short months ago. He would have thought anyone crazy who had tried to tell him something like this. How rigid he had been then, how closed his mind had been, how limited…, and now…, he roared with laughter at the change.

When I started my search, I was a very convinced and absolute materialist. The only thing that was real to me was that which I could see, feel and touch. My world was as solid as concrete. Then when these revelations came to me that the world was just a result of my mind, that matter had no intelligence, and that our intelligence and our thinking determined all matter and everything about it; when I saw that the solidity which I formerly had was only a thought, my nice, solid, concrete foundation began to crack.

A lifetime of build-up began to tumble, and my body shook and shook. I just shook for days. I shook like a nervous old person. And I knew that the concrete view I’d had of the world was never going to be again. But it didn’t drop away gracefully with ease.

For days, I actually shook, until I think I shook the whole thing loose.

Then my view was just the opposite of what it had been months previously-that the real and solid thing was not the physical world, was not even my mind; but it was something which was much greater; that my essence, the very Beingness of me was the reality and that it had no limits, that it was eternal, and that all those former things that I used to see as me, like my body and mind, were the least of me rather than the all of me.

That the All of me was my Beingness.

The Last Tremendous Breakthrough

"Love is the state of the Self. It is something you are." - Lester Levenson

It was April 1952 when he made the last tremendous breakthrough into the quiet state.

“Can it be only three short months since I was dying?” he wondered.

It was hard for him to believe all that had happened to him in such a short span of time. It seemed as though a million lifetimes had gone by and yet it seemed like only a moment. His sense of time had changed radically.

When he thought about it, he realized that, from where he was, in the quietness, there was no time. There was an ever-nowness. Time was relative and had meaning only in the world of differences, of separation. Where he was, everything was the same, made up of the same substance, the same inexpressibly beautiful, all-powerful peace which was inherent in every atom of the universe. He was that peace… his body seemed small and distant sitting in its chair. He could see it there if he chose, but he felt himself spread across the entire universe; that body was only an infinitesimal speck in the vastness that he was.

He was omnipresent. There was no travel, only a thought, and he was there.

It was obvious to me that I wasn't that body and mind as I had thought I was. I just saw it—that's all. It's simple when you see it. So I let go of identifying with that body. And when I did, I saw that my Beingness was all Beingness, that Beingness is like one grand ocean. It's not chopped up into parts called "drops of bodies." It's all one ocean. That caused me to identify with every being, every person, and even every atom in this universe.

And that's an experience so tremendous, it's indescribable. First, you see that the universe is in you, then you see the universe as you. Then you know the Oneness of this universe. Then you are finished forever with separation and all the hellishness that's caused only by separation. And then you can no longer be fooled by the apparent limitations of the world. You see them as a dream, as an apparency, because you know that your very own Beingness has no limits! It was a very interesting trip.

I had never known the things that I experienced existed. I had never known there was such power in the mind. But I saw how my mind could trick me so I had a maxim, "I only know that which I can do." When I would ask myself the question, "What can I do?", it was a shock every time.

So I would keep experimenting until I could do whatever it was. I kept that going and great things opened up. "If I am these things, can I do them?" I would ask. "If I am all-powerful, what power can I exert?" And powers came to me. And I proved each one to at least two witnesses. That's because I was trained as a physicist. You always have to go to the lab and do it to prove it, but it's good training.

I'll tell you the first thing I did. There was a cup on the table and when someone came into the room, I said, "I can move that cup to the other side of the table with my mind. Do you believe I can?" If they said Yes, it was instantly moved; if they said No, it remained still. I wouldn't impose on other people. If they didn't accept it, I wouldn't bother them.

Of course, not having had much experience with it at first, I made mistakes. I even had people walk away from me and not talk to me. I learned to keep quiet and not disturb peoples' beliefs and convictions.

Once he had proven, beyond any doubt, that he had indeed acquired the powers he used to scoff at, he saw that they, in themselves, were a trap if he tried to hold onto and develop them for the amazement and amusement of himself and others. They were not an end in themselves, and so he let go and moved on.

Later, there were occasions when someone needed a demonstration in order to break through his or her own limitations, and, at those times, unusual things would happen. But Lester never felt like the doer of them. He was only the clear catalyst, without ego involvement.

Lester also realized the source of intelligence. He saw that there is only one intelligence and we all have it. Therefore, unlimited knowledge, omniscience, is available to all. And he saw it was the same with power; we all have unlimited power, omnipotence.

Omniscience and omnipotence are within each one of us. Contemplating the source of intelligence and energy, I discovered that it too was available in unlimited amounts and that it came simply by my freeing myself from all these former compulsions, inhibitions, entanglements, hang-ups.

I didn't have to be subject to anything. Seeing this allowed the power that was right behind my mind to flow through as it had never flowed through before. I saw that I had previously dammed this energy, this power and all I had to do was pry loose the logs of the dam—and that's what I was doing.

On discovering each thing, I was removing a log and allowing this infinite flow—just like a water dam would flow if you pulled the logs out one by one. And the more logs you pull out, the greater the flow, so all I needed was to remove the logs and let the infinite energy and power flow.

There were times when I'd get the realization of what I am that would put so much energy into me I would jump up from my chair. Then I would go right straight out the front door and start walking and walking and walking, for hours at a time—and sometimes for days at a time! I just felt as though my body could not contain that much energy, that I had to walk or run some of it off. I remember walking

the streets of New York City in the wee hours of the morning sometimes, just walking at a very good pace, not being able to do anything else.

By the time he had finished these experiments, he had proven himself that the source of all objective physical phenomena was the mind; that the mind has no limits except that one mentally imposes upon oneself; and that this is true for everyone, with no exceptions. Inherently each person has the ability to have, be, or do whatever that person wills or desires.

The realization of the omniscience and omnipotence of each mind is what finally got him out of his chair. He wanted to share with others what he had discovered, wanted to help them discover it for themselves. He wanted others to know the incredibly beautiful, tremendous Being that each one is.

The Real-Life True Story of My Teacher, Lester Levenson (Part 2)

Letting Go, The Power of Love

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Lester Levenson's story about how he found happiness is always within you.

Last Updated on March 26, 2020 by Ade Aprilia

“Trying is wanting approval for something you have no intention of doing.”

Lester Levenson

Tweet

Lester Levenson

I’m creating this post and sharing this story only because very few people have ever heard of Lester Levenson. . .

. . .a modern American master who turned misery, sickness, depression, and deathbed. . .

. . .to complete health, happiness, and prosperity.

Lester Levenson has helped me to see what I truly am. . .

. . .and my life has been forever changed.

Who Is Lester Levenson?

Lester Levenson was a man who had mastered life’s greatest challenge. He created The Sedona Method to save his own life.

In 1952, Lester Levenson was an absolute materialist – if you could see it and touch it, it was real.

Although successful at the money game, he was living alone, and his health was a mess. He suffered from depression, jaundice, migraines, hyperacidity, perforated ulcers, kidney stones, appendicitis, and persistent pain.

Then at age 42, he had a second and massive heart attack and barely survived. His doctor, Dr. Schultz, sent him home with no promise of life beyond the day he was in. “Get loafers,” was the advice he gave Lester to have him avoid the strain of bending over his shoes. Lester Levenson was angry.

Fortunately, Lester Levenson was a man who loved challenges. So, instead of giving up, he decided to go back to the lab within himself and find some answers.

Because of his determination and concentration, he was able to cut through his conscious mind to discover what he needed. What he found was the ultimate tool for personal growth—a way of letting go of all inner limitations.

Lester Levenson was so excited by his discovery that he used it intensively for a period of three months. By the end of that period, his body became totally healthy again.

What Lester discovered firsthand is that we are all unlimited beings, limited only by the concepts of limitation that we hold in our minds. These concepts of limitation are not true; furthermore, because they’re not really true, they can easily be released or discharged.

Lester’s experience made him understand that not only could he practice this technique himself, he could teach others how to do it as well. As a result, he began working with people, both in small groups and individually.

Furthermore, he entered a state of profound peace that never left him through the day he died on January 18, 1994.

**Read Part 1 (above)**

**Lester Levenson Shares His Discovery , Part 2**

Lester Levenson quotes

Lester Levenson went first to those who seemed to be already looking in that direction, the metaphysical groups. Looking in the newspaper, he found weekly meetings listed for the various groups in New York City and began to attend them and make friends.

After the three-month period, I attended a metaphysical society just two short blocks away, Dr. Schaefer's group. He would call the students up to the front and ask them to give a talk.

The first time he called on me, I told him I didn't want to go up, so he by-passed me.

And then, after he stopped asking me, I realized it was silly.

The only reason I wasn't speaking was that the old tendencies remained, but the effectiveness of them was totally gone. The compulsiveness was done away with, and even though the tendency remained, it was like a burnt rope. If you try to pick up a burnt rope, it just falls apart. It looks like a rope, seems to be a rope, but it has no strength.

Seeing that, I volunteered to go up and give a talk. First time in my life! Here I am, up in front of a group of about sixty people. When I got up there, I was surprised that I wasn't nervous. I was looking at them; they were looking at me. And as I was talking, I had a second thing going on in the

background, “Gee!” I kept thinking. “This is easy. I never knew it was this easy!” And that was my first experience in my life of getting up in front of a group and talking.

Lester Levenson also began to read books on metaphysical subjects and was pleased to find that others had also been experienced the things he had experienced. In fact, there was quite a body of available literature on the subject.

He often found himself the center of attention with his new friends, because they had not met anyone before with such a depth of personal experience of what they were seeking for themselves. They found him very easy to talk to and were eager to hear how he had achieved his state of personal peace. It was difficult for him to put the actual process into words but he found that in talking to people on a deeply personal level, he would find the right thing to say to help them achieve some relief from their pent-up emotional blocks.

Lester Levenson Makes A Million Dollars

Lester Levenson

The primary thing he talked about in those days was the inner perfection of Beingness of each one. As he spoke, in his mind he would see the other person as all-perfect, all-knowing, all-powerful–a perception that gave the other one quite a lift.

However, from his long-time experience in business, when asked, Lester Levenson would occasionally offer guidance on a practical level. And, in 1953, it occurred to him that despite all his accomplishments, he still had not made a million dollars. He had also noticed that many of his new friends had the impression that only by being poor could they have the freedom they’d read about. Many of them had interpreted the tranquil state as one of lack.

Admonitions such as “Let go of your attachment to things” and “Things cannot make you happy” had been misinterpreted as meaning that one had to give up ambition, money, prosperity, and abundance in order to achieve inner tranquility.

Lester knew that this was not so, that it was the attachment to money and things that created the non-freedom and that this attachment was itself only a feeling.

He was also very sure, based on his own experience, that all feelings could be corrected, let go, or released.

So he set out to make his millions, to prove both that one could have and accomplish things in the world without the deadly attachment and that spiritual freedom didn't mean deprivation. On the contrary, it indicated the ability to have, to be, and to do anything and everything.

But talking about it was one thing. Actually doing it was the only way to prove it.

Lester Levenson decided to prove his point with real estate in New York City. In 1953, he began buying apartment buildings with no cash down. He would either run them for profit or sell them for a quick profit. Within six months, he had acquired well over a million dollars equity in the property.

I started in the real estate business with no cash and bought apartment houses using mortgages and loans. With no effort, I acquired twenty-three apartment houses of twenty to forty units each.

I found it was easy to do. Every deal had to be a very harmonious one. Everyone in it had to gain. If there were a broker involved, I made sure he got his full commission. The seller benefited by getting what he wanted, his building sold. And if there were a lawyer involved, he got his share. Everyone benefited in every deal. That's the way all deals should be. There's no need for anyone to suffer. Everyone should get what he wants out of it. Everyone should benefit. Every seller wants to sell. Every buyer wants to buy. I found that harmony is the basic law of the universe and when we're in tune with it, things can be done with little effort.

"What's the next step?" he wondered. He had proven he could apply his new theory to business; he had over a million dollars; what was left to prove?

Then it occurred to him that the need to accumulate wealth was not security. It could all be lost. Also, the need for accumulation indicated a lack of conviction in one's ability to produce what one needed at will.

Therefore, he decided, "From here on, I have everything I need as I need it," and proceeded to test out still another theory.

Lester Tests His Abundance Theory

Lester Levenson quotes

It was a few days before Christmas, cold, and I wanted a short vacation of two weeks in the warm country. Los Angeles was farthest away from New York City, so I said, "Well, I'm having a vacation in Los Angeles over the Christmas- New Year holidays."

With full confidence that "everything is A-okay and taken care of," I packed a bag and walked out of the house.

Within a block, I bumped into a man I hadn't seen for many, many years who said, "Hey, Lester! I've been looking for you. Remember that money I owed you? I've been wanting to pay you. I didn't know what happened to you." And he handed me enough cash to buy a round-trip ticket to Los Angeles, which I did and immediately left.

When I got to Los Angeles, it occurred to me to call an old friend who said, "Oh, I'm so happy you called, Lester, we just got a new apartment, we have an extra room, and you must stay with us. Where are you?" And they picked me up.

The next morning I was in the kitchen thinking, "Well, gee, here I am in Los Angeles without a car. It's impossible to get around without one." And I said, "Well, that's taken care of," and I dropped it.

Next thought came, “Call Burl.” He was an old friend I had driven with from New York to Los Angeles some years earlier.

I called Burl, and he said, “I’ve been thinking of you, Lester. Where are you? I want to see you, and I’m coming right over.” And he was there in a matter of about fifteen minutes.

And we’re having coffee over the kitchen table, and without my asking, he puts his hand in his pocket, takes his car keys out, slides them across the table to me and says “You’ve got my car as long as you stay here. I have no need for it. I’m living near the studio, and I walk to work.”

I thanked him. Now I had everything I needed.

After about ten days, I got the feeling that I wanted to go back to New York. It was on January 3rd. I called TWA, and they said, “Oh, I’m sorry. We have no reservations for thirty days, all taken up. And we can’t even put you on the waiting list because the waiting lists each have thirty or more people.”

I just said “Thank you,” hung up and said to myself “Well, who needs a reservation? When I feel like going, I’ll go!”

So, the next morning, I woke up and asked myself, “Do I want to go?” And I said, “Yeah, I think I want to go.”

I packed my bags and got down to the airport about ten o’clock, asked where the planes depart for New York, went to the gate, and a man was loading a plane for New York.

I said, “Are there any no-shows?”

He said, “Yes, there is one. But wait until I load everyone. Just stand here.”

While he was loading, a woman asked the same question.

He said, “I don’t know, madam, but if you’ll stand behind this man, we’ll find out.” And he put her behind me.

He loaded the plane, walked right toward me, reached around me, took this woman by the arm and put her on the plane.

As far as I was concerned, everything was 100% okay!

He came back to me, and his jaw dropped! His mouth fell open when he realized what he had done. So I had to calm him down, instead of him calming me down.

And after I calmed him down, I said, “Well, when’s your next plane?”

He said, “In about an hour. Oh, there it is coming in right now.”

Well, he put me on that plane, which got me to New York two hours earlier than the other one. It was a non-stop flight, the first one I ever had cross-country. At that time, they usually made at least one stop. Non-stop flights were new and few. This was in the days of the DC-6s and the Constellations; there were no jets at that time. It wasn’t easy for them to make cross-country non-stop flights.

Then I remembered that when I'd hung up and said, "Who needs a reservation?" I'd said, "Not only that; I'll have my first non-stop flight cross-country." And that was the reason for his putting me off the first flight and putting me on the next one.

And so I got back to New York–started out with no money, and came back with no money.

Later, a trip around the world again proved the same principle of abundance: "I have everything I need as I need it."

Lester Abides In Truth

Lester Levenson quotes

After Lester Levenson's tremendous breakthrough into peace in 1952, that awareness of the truth never left him. Whether he was making a real estate deal or visiting his family or sharing his experience with others, he was always aware of and residing in his own inner Beingness of peace.

People loved being with him because he saw them in the same way that he saw himself: all-beautiful, all-knowing, all-powerful, all-perfect, all-peaceful. This powerful perception projected itself to each receptive person and activated that inner core in which each was all those things.

Many people had experiences of this truth of themselves while in his presence, and they were eager to have more and to hear of his experiences. He was always happy to share with others and began giving talks about what he had done.

At first, there was no special effort or promotion in that direction, but through word of mouth people would hear of him and show up wherever he happened to be. Often, these impromptu gatherings would take place over coffee at a cafeteria on West 57th Street in New York.

Also, there were occasions when he drove coast-to-coast, and on stopovers along the way, he would start talking to someone, he or she would get excited and call friends who would invite their friends.

Before long, there would be a hundred or more people interested in hearing him speak.

At those times, Lester would stay several days, the group would rent a large hotel meeting room, and by the time of his talk, there were often a thousand or more people in attendance.

He never charged any fee for his work, nor would he accept any money when people offered it. Lester knew he had everything he needed as he needed it, he'd proven that more than once, and his real estate ventures continued to be profitable. He had no need for anything.

In 1958, it occurred to him to move to California. He gave up his New York apartment, bought himself a new Chrysler and a 31-foot mobile home, and headed west. His original destination was San Diego but, while driving through Arizona, he saw a signpost for Sedona, and his inner voice said, "Go there."

"Why?" he asked himself.

"Just go," his inner voice answered, "and you'll see."

When he drove into the quiet Old-West town set in the midst of towering red rocks, he understood why he had been drawn to Sedona. The beauty and the feeling of peace were so strong; he felt as though he were coming home.

He contacted a realtor and was shown an isolated 160-acre ranch. He bought the property for cash, no mortgage, and moved into an old stone house which the original rancher had built on the property. It was very peaceful, totally isolated and surrounded on all sides by forestry land.

The nearest neighbor was a mile away, except for a woman who owned and occupied a small cottage just inside the ranch entrance gate. They would occasionally meet when both were out walking, and one day she mentioned how lonely she got living alone so far from town.

As they talked, it occurred to Lester that she might like to trade her cottage and property for a similar house and property in town. When he proposed it to her, she was delighted. She accepted his offer to find a suitable lot and build a house on it to her specifications.

Lester did all the work himself. He dug and poured the foundation, erected the walls, put on the roof; he did everything. It was final proof to him that his health was totally restored and that he had regained the strength, energy, and stamina of a very young man.

When the house was finished, they traded.

He called his new acquisition the cottage. Now his ranch was totally isolated, and he stayed there alone for the next few years.

Once or twice a month he would make the trip into town for food and supplies, but the rest of the time he was alone on the ranch. It was a very different way of life than anything he had ever experienced before, and he loved it.

His work with people, however, never completely stopped. He would occasionally drive the 110 miles to Phoenix to stay for several days or a week at a time. He also invested in some apartment houses in Phoenix during the 1960’s.

After a few years, he began to make periodic trips several times a year to California where he had a regular group he worked with. And every year or so he would go to New York. People sought him out at the ranch, too, which he had named “Self Haven.”

In 1961, the first person, a man named Doug Dean, came to stay for a while at the cottage. Shortly after Doug left, three women came.

As the years went by, others came and went. Until 1975, there were always some people living at the cottage. A few women stayed for several years, but most people came for a few months or so to get themselves quiet and re-energized. Then they would leave to resume their lives in the world. It was a very peaceful way of life and Lester was content.

The comings and goings of himself and others were incidental and were never able to touch or disturb the vast quiet of the inner state he had discovered in himself in 1952. He could have gone on that way for the rest of his life were it not for his wish that everyone discovers that state for themselves. He felt his oneness with all and, as he described it: “I wanted the rest of me to discover what I had discovered. So, after a while, I began thinking about how to get this knowledge out to more people.”

Lester Levenson's story | Release Technique | Sedona Method

About Ade Aprilia

Ade Aprilia is a healing coach and the author of almost 100 books about personal and creative growth, including some national best-selling books in Indonesia. She helps men and women find their truest selves through self-love.

Comments

Steve says

May 26, 2019 at 7:59 am

Great background into how Lester effected his total transformation. I've only recently discovered Lester's work, and found your pieces among the best about him. Thank you.

Reply

Ade Aprilia says

May 28, 2019 at 4:20 am

Steve, I'm glad you found this. Thank you for reading.

Love,

Adelia

Reply

Miriam Evers says

September 13, 2021 at 6:34 am

Adelia, I loved this inspirational story about Lester Levenson. I've been listening to some of the youtube videos about him, but this is the first time I've heard all the details in full. How empowering!

Reply

Ade Aprilia says

September 16, 2021 at 4:21 am

Hi, Miriam! Good to see you here! Yes, Lester's stories are really inspiring, I decided to share what I've heard about him from the people that knew him when he was still in the body. I'm happy that it empowers you too. Keep releasing and lots of love to you.

Reply

Villi says

June 3, 2022 at 8:43 am

Hi. Thank you for this story.

Do you know if Lester demonstrated how to manifest thoughts instantly?

I have used the method for a few years and is helps me alot but I'm a sceptic about this aspect of the story. He talks about manifesting things instantly like magic in a few lectures and I always think why didn't he just do it then and people would believe like Jesus did?

Reply

Ade Aprilia says

July 8, 2022 at 2:06 pm

Hello. Sorry for the late reply. I made a 30 Days Challenge workshop so I didn't check this blog, and I just got time to check this.

Lester's audience in the 1970s had different consciousness from what we are now. So he spoke in a different language. Based on my experience, as long as you're trying to manifest from the perspective of a person, it won't be sustainable. And any time you are manifesting from the point-of-view of your personal self you are automatically (by default) in the consciousness of separation.

As in:

There's a "you".

And separate from you…

There's time.

There's the manifesting process.

There are actions you may need to take.

There are personal thoughts of limitation (fears!) about your goal and your ability to actually manifest it and have it.

And, of course, there is the goal itself (the better job, the soul mate, the higher income, the sports car, etc) that you are trying to manifest that is “out there” separate from you.

So what’s the answer? Drop the identification of personal self and “see” EVERYTHING as ONENESS ONLY.

When you keep releasing until there’s no separation, you’ll understand what Lester talked about, and in my own experience, you get everything you need when you need it.

I hope that helps.

_____

Sayings by Lester Levenson

“There is something more beautiful than nature — it is the Source of nature — the ultimate beauty — God.”

“If you stop thinking for one moment, you would discover what you are.”

“You are an unlimited Being. You always were and you always will be, you have not choice in that. Your only choice is to identify with your unlimited Beingness, or to identify with your self imposed limitations.”

“If with intense interest, you want to know: What am I? What is this world? What is my relationship to it? — if there’s a real burning desire to get the answer, — then all other thoughts drop away and the mind becomes naturally concentrated.”

“Some of us are seeking Happiness where it is and as a result are becoming happier. And others are seeking it blindly in the world where it is not and are becoming more frustrated.”

“Look away from the body. Look away from the mind. Look toward the beingness that you are and never stop until you fully discover that Thou Art That!”

“All of a sudden it’s here and you realize it’s always been here, that up until now you have been looking away from it by deluding yourself into thinking you are a body and mind.”

“Become everything instead of nothing. Become everything and you need nothing. Desire is lack and the consciousness of separation, the source of all trouble.”

“The original state for all Beings is Love. Our troubles are due only to our covering over this natural state.”

“If we don’t like what’s happening to us in the world, all we have to do is change our consciousness — and the world changes for us!”

“The only growth there is, is the freeing of the sense of separation.”

“Our real nature, the infinite real self that we are is simply us minus the sense of mind.”

“The more you quiet the mind, the more you feel the Self — and the better you feel. You feel as good as your mind is quiet.”

“Your thought force either helps or hurts the world’s spiritual progress and is consequently hurting or helping yourself”

“No one can do anything to us. No one can do anything for us. Someday you’ll see this.”

“Develop the habit of honest introspection by asking yourself, — whenever did I cause this to happen to me!”

“We can’t have a sick body without holding a mental picture of sickness. It’s impossible to hold anything in the body that’s not in the mind.”

“If you could let go of thinking, and in just one easy thought with no other thoughts around — think, ‘I am perfect,’ you’d instantly have a perfect body.”

“A miracle is done with knowingness. All it takes is a knowingness in your mind and it is done.”

“Life in the world should consist of only two things — that we help us grow — and that which help others grow.”

“The world as world is one long sadness. The world as self is one constant joy.”

“Discover who the sufferer is and on discovering this — you will find all joy.”

“Marry to help the other one get realization. Marry only to help the other one fully know God — that should be the basis for marriage.”

“The unrealized person sees the world as running him, the realized person sees it as his own projection and therefore he can run it, it cannot run him.”

“The more we develop love, the more we come in touch with the harmony of the universe and then our life becomes more beautiful, more bountiful and more delightful.”

“Karma comes to an end when one realizes it —  as all in the mind — and one is not one’s mind.”

“The stability of one’s peace is the best measuring stick for one’s growth.”

“The all quiet state is such a tremendous state, that it can never be put into words. The words ecstasy, euphoria, bliss, nirvana, don’t describe it really — these only allude to it.”

“A person can control a whole nation, but if they cannot control their own mind, what kind of control do they have? They are victims of their own mind.”

“The reason why so few of us make it is that most of us have a stronger sub-conscious desire to be a physical body than we have a conscious desire to be a free unlimited being.”

“Those who did go all the way they did not abandon their bodies, homes and families. They only abandoned their former feelings of bondage and attachment to their bodies, homes and families, and in place of it felt free.”

“A concentrated mind is the secret of success in the realization of Truth.”

“Our rate of growth is directly proportional to the intensity of the desire for it.”

“In Oneness language is useless as all is known.”

“Realization is either easy or impossible.”

lester levenson

_____

About love by Lester Levenson

“The original state for all beings is love. Our troubles are due only to our covering over this natural state.”

*

Love is the feeling of givingness with not thought of receiving anything in return. When we strive for this, we see and feel nothing but the most enthralling love everywhere and in everyone. We taste the sweetness of beingness and are effortlessly locked in harmony with that. We are intoxicated with the joy that defies description.

*

Each one glorifies himself by service rendered to others and must, therefore, necessarily received from others. Thus God flows back and forth and we delight in His exoticism. There is nothing so delectable than the spirit of givingness. It is intoxicating beyond any other experience capable to man.

Service is the secret to bathing in the ever new joy of God. Service opens the doors to the greatest fields of beauty and charm, wherein  is enjoyed the nectars of the infinite variety of tastes, all blended into one drink, that of superlative love.

Come into the garden of the most delicious and everlasting joy by an everlasting intention to love and serve. Release of the emptiness of selfishness . Fill yourself to the full with selfless love.

*

Love is an attitude that is constant. Love doesn't vary. We love our family as much as we love strangers. To the degree that we are capable of loving strangers, to that degree  we are capable of loving our family.

*

Consideration is a necessary part of love.

*

Everything but full love is, to a degree, hate.

*

Can you see why you can’t be against anything? The ant is God, the enemy is God. If you are limiting any part, you are holding God away. Love can not be parceled. Love has to be for all.

*

When we identify with everyone, , we treat everyone as we should treat ourselves.

*

Happiness is equal to one’s capacity to love.

*

Love is effortless and hate requires much effort.

*

Apply love and every problem resolves.

*

Human love is needing the other one. Divine love is giving to the other one.

*

When you really love you understand the other one fully.

*

Every human being is basically an extremely loving individual.

*

When you love, you think only the best for those you love.

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About Ramana Maharshi & Lester Levenson's inspiring teachings

We have been introduced to the highest of spiritual Yogas, Jnana Yoga, through the inspiring teachings of Ramana Maharshi in the east and on the west by Lester Levenson.

What is Jnana Yoga?

Jnana yoga is the philosophical path – the path of wisdom or direct path, which is not to be mistaken for intellectual knowledge. It's instead the unlimited knowledge, which emerges as intuitive glimpses into the truth of the Self. This highest yoga bring us to the simplicity of the Direct Path. Therefor it's required an intense reflective, meditative openness on the Self.

In the life of a human being, there is always a moment when one wonders about the reality of things. Naturally after a painful event or after years of passivity, we start to sense the question's vibrancy and the purpose of existence, the worth of what we have achieved or what we have settled for in our lives. The questions of death and what comes after death arise in the mind. Behind these crises, awakens a deep search for meaning.  And these existential questions exists and will always exist. And because of what we truly are, One is able to go beyond the self imposed imagined limitations, we hold in mind. When we are confronted to such questions, each One has the choice, to either ignore or look directly into the true purpose of life. If we ignore this choice which follows is a rejecting reaction or fear of the unknown, then we will have to find new motivations to live. But if instead we feel a deep and intense need to go further in this quiet quest for meaning, we will have to wonder what is permanent in this ever changing world. If this interest remains and becomes strong enough, it leads you to the path of Jnana yoga, insofar as one can not any longer seek comfort in the usual remedies and palliatives, the world offers. This implies to look within for the Reality behind appearances, the Being beyond the body, mind and the world.

Jnani's knows that duality is ignorance. They only look to the Self , because it's impossible to looks outside the Self. So what is it that prevent us from knowing our real Self. and the truth behind the world? What is called in Jnana yoga, Maya -the veil of illusions- or in the direct Path what we call filters, which is not other than the mind. (thoughts, feelings, perceptions)

Ramana Maharshi's teachings

Ramana Maharshi is the perfect symbol of the Jnana yoga path. His simple question "Who am I ?" This question is the core of Ramana Maharshi's teachings. However, for him were not mere words but an actual experience, it was not intellectual gymnastics producing philosophical and speculative ideas. It was not a matter of asking himself the question once a day and let go after some time and then switch over to something else. His whole sense of Being was permanently permeated with this quest, consciously or unconsciously. The intensity was such that his whole being was entering into a particular vibration. Day and night, he was at the edge of the abyss, the void of emptiness and he received enlightenment at the very moment when he got out of his depth.

The question “who am I ?” must become vital to be really a Jnana yogi. The urgency and the insatiable need to find the true answer are key. This question remains always within us in a dormant state and sometimes, it begins to vibrate. It’s only when we begin to  free ourselves from the sense of separation and its chain of definitions that we can really open to its message, which takes place outside the thinking-mind. This field of questioning is therefore very intimate, it concerns oneself in relation with oneself. The only subject is how to discover the eternal and unchanging reality, beyond the world of diversity and change.

A Jnana yogi rejects dogmas, preconceived ideas and second-hand answers. One does not believe in anything but only his or hers personal experience is the guidance. One in his search. The jewels of intellect, logic and reasoning are not relevant means on the Direct path of Jnana yoga. Their reach is limited and they are based on objective facts. Therefore, they lead us away from the fundamental quest on Reality. Only intuition, our inherent psychic capacity, can reveal the transcendental truth.

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Lester Levenson : Can Happiness be obtained?

Happiness is being what You are! Happiness it’s not an object. Only objects can be obtained. If  You want to enjoy happiness that “which wants to enjoy happiness” is an “idea” or a thought-feeling. In other words an object. An object without autonomy, without life of its own.

Now, when this object is seen for what it is, that it has not life of it’s own, it can be released. It’s only an idea (a projection of your imagination) which up until now, you were constantly creating and maintaining through thinking. How? by thinking it was necessary to maintain, in order “to obtain what you can not obtain”…happiness.

So happiness it’s not obtained.. .You simply allow it to be. For instance You might be at this moment while reading this text,,,”dreaming of being a body within a world with a god” This experiencing is experienced in or on happiness which is untouched, unaffected by any experience, as it’s only happiness. Happy of being what ever that might be, which is what You already are!

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Lester Levenson: Love is…

The Answer. The answer to all problems. When there are problems. If we would love more they would disappear. When love is complete, the so-called problem dissolves immediately. The love we are referring to is not an emotion, it's an attitude and requires no effort.

Lester Levenson : How do I know if I am an honest Truth seeker?

When there is a firm conviction of only pursuing happiness the desire becomes very strong. Then there is more clarity that what you are really desiring, is the stillness of simply Being.

Lester Levenson : What is Beingness?

Your beingness…out of the innocent idea to experience objectivity…created an object named "mind". The only function of this "mind sense" is to project objectivity. This becomes increasingly clear when our interest which is generally on external events, it's turned towards the quiet sense…that which in this moment is naturally allowing this sense of "mind" or sensorial to appear while being simultaneously aware of itself…

What is karma?

Karma it's in the thought…not in the action.

Karma is all in the mind and it comes to an end when realizing that what you are is not the mind…

It is necessary to have a Guru?

Theorically, no. Practically, yes. Our present era is one in which we are so sunk in the apparency and delusion, that guidance is needed.

How can we know a real guru? How can we tell the degree of one's realization? A fully realized being has an inner peace that can not be disturbed. One is completely selfless and his or her every act is for others only. One is equal-minded toward all. Is desireless, fearless. Love that is all givingness. Expecting nothing from anyone. Every moment in oneness with IT. To the degree that One has all the above qualities, is the degree of One's realization.

On the stage called Earth a Realized one plays act a character as a human and knows One Self as divine.One sees no contradiction between human and divine. One merely sees the world as in One rather than external to him or her. The unrealized one sees the world as external.

-Lester Levenson

Recommended Books

"Keys to the Ultimate Freedom" by Lester Levenson a compilation of Lester Levenson's teachings.

"Silence of the Heart" by Robert Adams a compilation of Robert's teachings.

"Consciousness is All" by Peter Francis Dziuban (ahora en español)

"Atma-Darshan" by  Sri Atmananda Krishna Menon

"Atma-Nivritti"  by Sri Atmananda Krishna Menon

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Robert Adams…sweet friend

Robert Adams, an American devotee of Bhagavan who lived at the Ashram from 1947-1950.

I usually do not talk about myself, but I received an interesting phone call today from a lady in Pennsylvania. She said, ‘Robert, if you don’t say something about yourself, nobody will know where you’re coming from. They will think you got this information from a book or from another teacher. They will not know that it comes directly from the Self.’ So I thought about this, and [decided that] for a few minutes I will discuss my life up to the age of fourteen years old. That should bore you enough.

I was born January the 21st in Manhattan, New York. From the very beginning, as far back as I can remember, when I was in my crib, a little man with a gray beard and white hair used to appear before me at the other end of the crib, about two feet tall, and speak gibberish to me. I thought this was normal, and everybody had that experience. Of course, being a child, I didn’t understand anything he said. It was only in my later years when I started to read books that I realised this person was Sri Bhagavan Ramana Maharshi. He appeared before me until I was about seven years old, and then it stopped.

Then something very interesting happened to me. Whenever I wanted something, a candy bar or a toy, I would say God’s name three or four times and it would appear from someplace. For instance, if I wanted a candy bar I would say, ‘God, God, God’. Somebody would bring it to me or it would come from someplace.

When I went to school, I never used to study. When we had a test I would say, ‘God, God, God,’ and the answers would come. Once I wanted to play the violin, and my mother told me that it would be too hard for me to play, so she wouldn’t buy me one. So I said, ‘God, God, God,’ and a few hours later my uncle appeared, who I hadn’t seen in about five years, and he brought me a violin. He thought I needed a violin. This went on and on while I was going to school.

When I was fourteen years old, a strange phenomenon happened. I was in my junior high school class. There were about thirty-five children. The teacher’s name was Mrs Riley. She weighed about 300 pounds, and when she got angry she used to jump up and down. So, of course, we used to make her angry. [Laughter] What I would do was borrow a bobby pin from a girl and there was a hinge in the back of the seat. I would stick the bobby pin in the hinge and twang it and she would go crazy. She didn’t know where the noise was coming from and she’d jump up and down; a very interesting phenomenon. [laughter]

Anyway, it was the end of the term, and we were taking our final test. This was a math test. I never studied for it, so I didn't know anything. I said, 'God, God, God,' and instead of the answers coming, the room became filled with light, a brilliant bright light, a thousand times more brilliant than the sun. It was like an atomic bomb, the light from the bomb, but it was not a burning light. It was a beautiful, bright, shining, warm glow. Just thinking of it now makes me stop and wonder.

The whole room was immersed in light, everybody, everything. All of the children seemed to be myriads of light particles, and then I found myself melting into radiant being, into consciousness. I merged into consciousness. It was not an out-of-body experience. An out-of-body experience is when your soul leaves your body. This was completely different. I realised that I was not my body. What appeared to be my body was not real. I went beyond the light into pure radiant consciousness. I became omnipresent. My individuality had merged into pure absolute bliss. I expanded. I became the universe. The feeling is indescribable. It was total bliss, total joy. The next thing I remember was the teacher shaking me. All the students had gone. I was the only one left in the class. The teacher was shaking me, and I returned to consciousness, human consciousness. That feeling has never left me.

The second story, also narrated by Robert, covers some of the same ground and then continues the story up to the time he ended up with Bhagavan at Ramanasramam:

Question: Robert, have you always had this realisation?

Robert: I guess. There is no telling. People have asked me about this so I will tell you a little bit about it:

When I was a small child in a crib, a little man used to be on the other side. For a long period I would lie there and he would be talking to me from the edge of the crib. And of course being a baby, I didn't know what he was talking about. As far as I know he was talking to me ever since I was born. I couldn't understand what he was saying.

I used to believe everybody had that experience. When I was about five or six years old, I told my parents about it, and they thought I was playing games. I told my friends, and they laughed at me. So I stopped saying anything about it. The visitations stopped when I was about seven. My father died. And all of a sudden, the little man stopped coming to me.

Then I asked my mother, ‘What am I doing here? I don’t belong here.’ I didn’t understand what I was saying but I felt that I was out of place. My mother thought I was crazy, and so did a lot of other people. She took me to the doctor, and the doctor told her it would go away.

When I was going to school I never really fit in because I was always daydreaming. I had strange experiences. I used to sit in the class and become swallowed up in consciousness. I became omnipresent. I had out-of-body experiences. I just merged with consciousness. I couldn’t understand what was happening.

Then when I was about fourteen years old, I went to the library to do a book report. I passed the philosophy section and saw a book on yoga masters. I didn’t even know what that meant at the time. I opened the book to a page, and there was a picture of Ramana Maharshi. My hair stood on end, because it was the same person who appeared to me when I was a baby in my crib! Since then I have never been the same.

Question: That is what led you to Ramana Maharshi?

Robert: Later on, yes. I actually went to the Self Realisation Fellowship in Encinitas. I went to see [Paramahamsa] Yogananda. I was initiated and was going to become a monk, but after Yogananda talked to me, he said ‘Robert you don’t belong here, you’ve got your own path. Go to India.’

So I did. I went to the Ramana Ashram. That was 1947 or 1948. I confirmed my feelings. Ever since I was born I had never believed I was a body.

I went back to school and made believe I was normal, whatever that is.

Question: When you first saw Ramana Maharshi, did he remind you of the person you had communication with as a baby?

Robert: Definitely, yes.

Question: Did you speak of this later with him?

Robert: No, I never did. We just smiled at each other. I had some personal conversation with him, but even at the end of 1947 he was sick. He couldn't walk very well and had to be assisted by his devotees. He had a cane. He could hardly walk.

I usually never go into these things, because, number one, it can't really help you, and … [pause]

I forgot what number two is! [Laughter]

In the following talk, which also comes from 1990, Robert Adams refers to 'four principles'. This is a reference to an earlier satsang in which he recounted a vision he had had in which he found himself giving a dharma talk to some Buddhists. He said that he found himself expounding on these four principles in the vision.

Robert: Good evening. It's good to see you again. Who ever is here again. Please do not be shocked at some of the things I may say. I am not a teacher, nor am I a lecturer, nor am I a minister. I am merely a looking glass so that you can see your own reflection. What you think of yourself you see in me. I may say certain things you're not used to. Bear with me. You should not accept anything I say nor should you believe anything I say until you're able to prove it to yourself. I simply give my confession, that I am not the body, nor the mind, nor the phenomenal world, that I am pure intelligence, absolute reality, sat-chit-ananda, divine mind, unborn, emptiness. When I use the word 'I am' I am not referring to Robert. I am referring to 'I AM THAT I AM', omnipresence, the infinite.

I get lots of phone calls from people asking me all kinds of questions. One question that most people keep asking again and again is, ‘What can I do to resolve my problems? Can you give me an affirmation, a mantra, a meditation, a breathing exercise, something I can use?’

These things have their place, but they will not awaken you to your true Self. In all of the higher scriptures it is written that the path of advaita Vedanta or jnana marga is only for mature souls.

Now what does that mean? It is for those who in a previous lifetime have already practised sadhanas, breathing exercises, yoga techniques, etc., and now they’re ready to awaken through this type of teaching. And the Buddhist scripture declares that those who want to do yogas, or breathing exercises are the simple minded and ignorant [he chuckles]. Now what do they mean? They don’t mean to insult you but they are referring to those who are attached to the world, those who believe the world is real and who feel the pull of the world. They want to use all kinds of gimmicks to free themselves from their problems but not to be totally free.

Now, what does jnana marga teach? We teach simply this: not to accept anything unless you can demonstrate it. Not to believe anything unless you can use it for yourself, and you can see it’s true. To do affirmations, mantras, yoga exercises and so forth, will not awaken you. You start from the beginning. You simply admit to yourself that you exist. This is the truth. You do exist, don’t you? So you say to yourself, ‘I exist. I know that for sure. I exist. I exist. That’s all I know. I’m ignorant of everything else, but I do know that I exist because here I am.’

And, as you keep saying this to yourself, ‘I exist’, you begin to put more space between ‘I’ and ‘exist’. ‘I … exist’. Say that to yourselves: ‘I … exist…, I … exist’.

If you’re doing this correctly, you’ll soon find that ‘I’ and ‘exist’ are two separate words. In other words you’ll come to the conclusion that you exist as ‘I’.

You’ll have to ask yourself, ponder, ‘Who is this “I” that exists? What is I?’

You never answer. It will come to you of its own accord. When you sleep and you awaken, you say, ‘I slept’. When you dream you say, ‘I had a dream’. And when you’re awake, of course, you say, ‘I am awake’. But that ‘I’ is always there.

You start to enquire within yourself, ‘What is this “I” that exists at all times? It exists when I’m asleep, when I’m awake, when I dream. Who is this “I”?’

And now the enquiry starts. ‘Where does this “I” come from? From whence cometh the “I”?’

You ask yourself. The answers are within yourself. And you keep asking yourself over, and over, and over again, ‘From whence cometh the I? Where does the I come from?’ Or, ‘Who am I?’

And you wait a little while, and you repeat the same question, ‘Where does the “I” come from?’

While you’re doing that, you follow the ‘I’ deep, deep within. You keep following the ‘I’. You go deeper and deeper into the ‘I’.

‘Where does this “I” come from? Who is this “I”?’

Whatever answer comes to you is the wrong answer. Do not accept it but do not deny it. You simply put it aside. And you continue with the self-enquiry. ‘Who am I?’

And you wait. And you ask again, ‘Who am I?’ It is not a mantra.

‘Where did the “I” come from? How did it get there? Who gave it birth? What is the source of the “I”?’

You continue to abide in the ‘I’.

As you continue this process someday something will happen. To some people it comes like an explosion within, where all your thoughts are wiped away. For you see, ‘I’ is the first pronoun, and every thought that you have in the world is attached to the ‘I’. They are secondary. Think about that. Whatever you have to say about yourself has ‘I’ in it. Everything in the world is about yourself.

‘I’ am going to the movies. ‘I’ am going bowling. ‘I’ feel like crying. ‘I’ feel terrible. ‘I’ feel wonderful. ‘I’ feel sick. ‘I’ feel well. There’s always an ‘I’, ‘I’, ‘I’. What is this ‘I’, and what is it all about? Everything is attached to the ‘I’. Subsequently, when the ‘I’ is wiped out, everything else is wiped out and the troubles are over. All thoughts go with the ‘I’.

Now, there’s no answer to ‘Who am I?’ When you get to the answer there will be emptiness, a void. You will be of the unborn. But it is not a void like you think. It is not emptiness like you think. For want of a better word you can call it godliness, nirvana, sat-chit-ananda, bliss, consciousness, absolute reality. It doesn’t matter what name you give it. You will become that, and there will be no explanation. You will just become that, and you will feel a profound peace that you have never felt before. You will feel a bliss that is unqualified. You will try to explain it to yourself and to your friends, but you cannot. For the finite cannot comprehend the infinite. There are no words.

That’s the method you use. Self-enquiry. You follow the ‘I’ thought to its source. How long does it take? It depends on yourself. How sincere you are, what else you’re doing with your life. If you’re using this like you do everything else.

For instance, if you say, ‘Well today I’m going to practice the “I” thought, then I’m going to go to a movie, then I’m going to go bowling, then I’m going to watch TV, then tomorrow I’ll do the same thing’.

What's going to happen in a case like that? Very little. But if you put your energy into it, and you practise it every chance you get, and you put this first in your life, you will see amazing results. Amazing results. But you have to put it first in your life.

Think right now. What is first in your life? Don't tell me but just think. What comes first in your life? Can you take it with you when you die? Don't you see by now that you live in a world of constant change? That the only thing permanent in life is change. All facts change. Only truth is real. And truth is personal. You have to find it for yourself. A sincere devotee or student will put this first in their life, and then he or she will start seeing results. But if you're still worrying and fearing something, and you think other duties come first, then you've got to work on yourself.

That's why, with great compassion, I give you certain things you can do before you get into Self-realisation. Just before you become Self-realised you begin to feel certain things. And those are the four principles I gave you last week. They come to you automatically. But, as I mentioned last Sunday and Thursday, you have to, upon awakening, become aware of these principles. You cannot think of them at your leisure. But you sort of have to coax the mind. You have to coax your mind to think upon the four principles as soon as you open your eyes in the morning.

So you have two things to do. When you open your eyes you can either ask yourself, 'Where did the "I" come from? Who am I that slept last night? Who am I that has just awakened? Who am I that exists now?'

Or you can think about the four principles. Whatever is convenient for you. But, if you want Self-realisation, and you want to become free, and you want to be free from the ocean of samsara, worldliness, and become blissful, then it's up to you. I can share these things with you but I can't make you do them. It's just like I can bring you to the gold mine but you've got to do your own digging. What comes first in your life again? Whatever comes first in your life, that's what you become. In the end you're going to have to leave your body, your thoughts, your possessions, your loved ones. Everything is going to be left in the end. So the wise person searches for truth now, and tries to become free now.

[The four principles that Robert referred to are:

(1) You have a feeling, a complete understanding, that everything you see, everything in the universe, in the world, emanates from your mind.

(2) You have to have a strong feeling, a deep realisation, that you are unborn. You are not born, you do not experience a life, and you do not disappear, you do not die.

(3) You are aware, and you have a deep understanding, of the egolessness of all things; that everything has no ego.

(4) You have a deep conviction, a deep understanding, a deep feeling of what Self realisation of noble wisdom really is.]

As soon as you open your eyes in the morning (I'll speak in the first person) you have to say to yourself, 'I feel, and realise, and understand, that everything, everything, say everything twice, is a projection of my mind.' And think about what that means. Forget about the other three. Work on that.

'Everything! Everything! I feel that, I realise that, I understand that, that everything is a projection of my mind.'

And then you may think of the problems you have, if you have any, and you say to yourself, 'If everything is a projection of my mind, where do these problems come from?'

You then realise, 'Why, they came from me. I projected them. I created them.'

And then you say, 'Who is this "I" that created them?'

See? Now you're getting to the meaty part, to the substance.

'Who is the "I" that created all this illusion in my life? Where did the "I" come from? Who gave it birth? My mind. Where did my mind come from? The "I". Why, they're both the same! The "I" and my mind are the same.'

And it's all a revelation.

You think along these lines. 'Where does the mind/"I" come from and to whom does it come?'

And you follow it deep, deep within yourself. If you do it correctly, you will realise there is no "I", there is no mind, so there are no problems, and it'll be over, and you'll start laughing. You'll actually start laughing at yourself.

You'll say, 'To think, I feared this and I feared that'. And once you get into that consciousness something will happen to actually physically relieve you of the problem, or what you think is a problem.

As long as you believe in your mind that there's a problem, whether it's little or big doesn't matter, they're both the same, but as long as you believe you've got a problem, you'll have a problem, and it'll grow. You won't be able to change it. It may appear that you change it, but, when you try to work with the problem itself, it turns into something else of a worse nature. Never try to work with the problem. Ask instead where the problem came from.

'How did I get it? How did I get this birth? Where did it come from?'

That's the problem. The birth's the problem. Because you believe you were born you have the problem, and you can go on and on and on.

That’s how you work with the principles.

‘Everything! I feel and understand that everything is a projection, a manifestation, of my mind.’

‘Whose mind?’

‘My mind.’

‘Who’s “my”, “mine”, “my”? “I” am “my”. Who am “I”? Who am “I” who has this problem?’

And as you ask yourself this question, you will begin to feel better, and better, and better. You will actually begin to feel better, and as you feel better, the problem becomes less and less important, and it will vanish. This is great psychotherapy. It works. If psychiatrists gave this to patients they wouldn’t have to give them any drugs.

So you understand, you feel, that everything is an emanation of your mind, or it wouldn’t exist. All existence, from the smallest atom to the greatest cosmic galaxy, it all comes out of your mind. But even if I tell you this, you still feel that something is real, don’t you? You feel that something is real.

You may say, ‘The sun is real’.

You may say, ‘Well, God is real’.

You may say, ‘An atom is real,’ but you do not comprehend that you are creating these things. They’re all a projection of your mind. If you didn’t have a mind, you would not have these concepts. That’s why we are told to annihilate the mind, to kill the mind. No mind, no concepts. All these ideas come as you begin to realize that everything is a projection of your mind

robertadams

Maya by Robert Adams

MAYA

Everything that you feel, hear, touch, smell and taste is maya.

Everything is maya, the grand illusion.

Most of us really do not understand what maya really is.

My trying to explain Maya is maya.

Everything that your eyes behold,

that you believe is so important, is maya.

Everything that you hear,

everything that you read,

everything that you try to do to better yourself, it is all maya.

The water in the mirage, that is maya,

something that appears to be real,

but upon investigation you find it is not.

The whole world is like that.

The whole universe is like that.

Do not be fooled again.

Do not take anything seriously.

Turn within, do not react.

The turmoil, the chaos that appears to be in this world,

is not the truth. It is not reality.

It is something that comes and goes.

This too shall pass.

But your center is God, Consciousness,

Absolute Reality, Brahman.

Those are all synonymous.

That is the peace that exists.

~Robert Adams

robertadams

What are thoughts?

Thoughts are just sounds or images, not separate things, therefore they have not substance of their own. In fact, they have as much substance as we give them. When one opens to this seeing it leaves you as this ever quiet presence which it's  unconditionally allowing the experiencing of thoughts.

How should we practice love?

By granting beingness. First to our family, then to our friends, then strangers and then every-one. Every being is capable of infinite love…

Does Consciousness has a goal?

Consciousness is goal-less happiness!

What is being Love?

Being love...all you see is love...all you hear is love...all you experience is love...

Love only see...hear...feel...Itself...

What is surrender?

Bestowing the fullness of what I am to the fullness of what Is.

What is ego?

The definition of this word...are many and different...

I only use this word to describe when the arrogance of what you are...singular oneness...is expressed through the most limited thing there is...a body-mind...

As long as...

a "satsang goer" goes to satsang to measure...he or she is not open to the Unmeasurable...

Oneness...

You can not know Oneness...

you can not feel Oneness...

you can only be Oneness...

What is conscious?

Every-thing is Consciousness but only Oneness which is not a thing is conscious...

Posted by Laura Lucille at 1:22 PM No comments:

The only address...

When open to be the only address there is...One omnipresent present…you have realized that the investigation it's not about collecting knowledge on the contrary it's exactly the opposite…it's challenging all knowledge you have assumed to be true…

If you "think" you have a problem...

that's the problem "thinking" you have a problem. You don't see it because you are letting yourself be kidnapped by feelings (anger, frustration, fear, overwhelmed), feeling this problem is bigger than me, etc…successfully ignoring the perfection You are…which is ever available freedom…

Lester's Gift a direct path to the only true destiny...

The Desireless path, has three inspiring examples that we know of, Buddha an oriental master during 527 AC. St Jhon of the Cross, a western master of the 16th century from a catholic background, and from a scientific background Lester Levenson, a western master of the 20th century.

Buddha clarifying that the cause for suffering is Desire, announced the "four noble truth." St Jhon of the Cross announced "the nothing, nothing path" leaving a drawing of the "nothing-nothing" map; this path is also known in the indian scriptures as "neti, neti". Lester Levenson (phisicyst) announced one noble truth: "You must desire freedom more than desiring the world."

Lester Levenson, an investigative mindset of the 20th century (1909-1994) shared the simplicity of how the dynamics of the sensation-desire mechanism (which Buddha recognized as dukkha) operates in order to "maintain" itself. He left a clear vision of how the ever free Self liberates Itself here and now, from the imaginary desiring-dukkha, or lacking-sensation, leaving you as what you are... imperturbable Peace.

What is a good question...

for the one investigating the source of happiness a good question, is one that invites you to reflect upon. One good question is "what am I?"… but there is another good question beautifully expressed by the playwright William Shakespeare (1554-1616). Shakespeare through the inquisitive character of "Hamlet" invites us to reflect on the question "to be or not to be"…which when reflected upon…one sees that is actually the answer as well…

What is intuition?

Intuition is the instinct of the instant. It's Intelligence functioning without senses. That's the reason it's also commonly known as the sixth sense. (Meaning no-sense) Acting from instincts is what is natural. You can recognize true instinct from that which is not...because Instinct is free from feelings...is total certitude.

The human point of view...

is so negative that thinks in negatives...if you are open to listen to it…you will hear it loud and clear everywhere...particularly if you are open to hearing your own thoughts instead of going along with them…

An example that colors this point of view is… in refrence to the true ambition or only purpose of life… being the causeless freedom of the singular Self …Oneness...is approached as non-duality…

The Heart of Awareness.

There comes a time in one's life when we question what is the real purpose for life, why am I here? We learn to find the answer in the Silence.

Inquiring who we are, with dedication, leads to eternal happiness.

When you stay as what you are, you will discover your true identity.

The Guru is Omni-Presence, guiding you all the way.

Stay true to your Self and follow the Heart of Awareness.

How should we practice love?

By granting beingness. First to our family, then to our friends, then strangers and then every-one. Every being is capable of infinite love…

What are thoughts?

Thoughts are just sounds or images, not separate things, therefore they have not substance of their own. In fact, they have as much substance as we give them. When one opens to this seeing it leaves you as this ever quiet presence which it's  unconditionally allowing the experiencing of thoughts.

MAYA

Everything that you feel, hear, touch, smell and taste is maya.

Everything is maya, the grand illusion.

Most of us really do not understand what maya really is.

My trying to explain Maya is maya.

Everything that your eyes behold,

that you believe is so important, is maya.

Everything that you hear,

everything that you read,

everything that you try to do to better yourself, it is all maya.

The water in the mirage, that is maya,

something that appears to be real,

but upon investigation you find it is not.

The whole world is like that.

The whole universe is like that.

Do not be fooled again.

Do not take anything seriously.

Turn within, do not react.

The turmoil, the chaos that appears to be in this world,

is not the truth. It is not reality.

It is something that comes and goes.

This too shall pass.

But your center is God, Consciousness,

Absolute Reality, Brahman.

Those are all synonymous.

That is the peace that exists.

~Robert Adams

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I've been reading Lester Levenson's book, "The Power

of Love," and he seems to repeat himself again

over and over again about love, and I really

understand that. And then he talks about his--I

believe it's his Release Technique. Yes. Is that

a specific technique or? Let's put it this way,

because you're talking a technique, a technique

is a way, it's a word--remember everything has

to be marketed to the mind. Right. And

the mind loves techniques, loves them!

You see, nothing wrong. That's the world, that's

mind, you see. That's the mind; that's the world;

they are hand in hand. It sounded to the

listeners, to the people that were approaching

him, because that was an interesting phenomena,

the people that were approaching Lester

were not really interested in being

enlightened or anything like that. They were

interested in being successful, happy, having the

perfect relationship, you know? He would say, "You

are still looking for happiness where it's not,"

you see, but it's a very good

first step to master the world.

So he offered this sort of technique:

how to undo the feelings and thought

mechanisms that stop you from experiencing

what you would like to experience.

So what happened, and I experienced directly being

18 years, almost 19 years until he passed away,

with the same group of beings--we were very

few--how we were all there we all have conquered

the world so to speak, we had accomplished

everything we wanted to and more and now

finally we were ready to say, "okay," as he put

it, "Now you are ready to listen to the Truth,"

which is, "the first step was to master the dream.

Now, the second step is to

liberate yourself from the dream."

You see, so this technique

is not a technique, it's only the

dynamics that I'm inviting you to see,

and the principle of the dynamics is that every

single feeling or thought is generated by wanting.

Desire. So it is very helpful

for some of us at the beginning,

and this I said also to Ann, that when you

have a thought, to take it to the source.

And this source is always wanting. Now this

wanting has different intensities, so to speak.

For some of us, wanting is enough, we

don't need to go through the intensities,

but the wanting feels pushy, you know, it's like

controlling. You want to push, you want to make

sure that it goes faster, you want to make sure

that they understand. You see, you're pushy,

and we feel that kind of impatientness, so that

is the wanting to control, wanting things to

go in a specific way. So we have a thought and

you will say, "Oh what is that? Oh my God yeah,

I'm wanting to control. Okay." Sometimes

you laugh right away just because you see

it because that which sees that is you, the Seer

is you. That's why the natural laugh comes up,

and sometimes you're just seeing, and

you're really seeing the dynamic of it.

And of course the thought collapses, and the mind

goes quiet, and in that moment you're experiencing

what you are. But immediately the mind comes with

something else because we're more interested in

mind because the mind immediately--that's why it's

very easy--the moment you decide to be free it's

very easy to be because the mind keeps giving

you all the stuff until it becomes, so to speak,

kind of empty or uninteresting for you. So the

first layer is control. The second intensity is

wanting recognition, wanting to be considered,

wanting to be recognized, to be appreciated,

in other words, to get approval. And not only from

others but your own approval. You find yourself

doing things because you want your own approval

or doing things because you want their approval.

That is the second energy to the

wanting. Ever wanting, you see,

wanting my approval and their approval. And

that is a little more intense, so to speak,

because in wanting approval, we're really actually

for the first time, experiencing the sense of lack

because when you're wanting your own

approval, you're really experiencing

that when you really want your own approval, you

actually want to be the love that you are. The

thing is that approval is when we're looking

for love outside of ourselves through others.

So you see, the wanting is always

pushing you towards the world,

wanting to control the world, wanting approval

from the world, and the third kind of wanting

is

wanting security.

And that comes when we feel insecure about

something like for instance you need to ask

something from someone, and that is one of those

moments that you really feel insecure. And your

mind will justify it'll be okay, he's your

friend, he will say yes or who knows, maybe,

you see? The mind comes, you can see how the

mind immediately comes with a lot of... So

when you notice that all that agitation

is coming from wanting security...

Oh! So what happened is, it's not a technique,

it's just he used that to express to the world,

but when you see it directly from what you

are, those are the dynamics of thinking.

That is the loop, thought-feeling, that

keeps the imaginary idea of being separate.

So if you bring, if you feel like bringing the

thoughts...oh I must be wanting. That is enough.

If you resonate with control, approval, or

security, use it because they're all tools and

tools are good to be at your disposal, if they are

necessary. Sometimes we need all different tools

and again of course the tools are there

but then you may not need them any longer.

But here what we're doing--sometimes we

use those tools, but also we are being

because being that which sees the mind. Therefore

you see the thought, you see the sensations,

and in that seeing you are opening to that in

which arises because a good question will be:

if that feeling, if that sensation

wouldn't be there, what is actually there?

If thinking wouldn't be

there, what is actually there?

If feelings wouldn't be

there what is actually there?

That sounds like a good question. You see,

you resonated with that. That is a tool,

you see? I see. And that is a very good

tool. When something [comes up] say,

"Okay, if that wouldn't be there what is actually

here?" That's very powerful because you see,

now you don't need to get into--you are

a step forward, you see what I mean? Yes.

It's even simpler.

And that is the basic principle of what is

called "technique" in that book that you read.